



# UCOOK

## Harissa Honey Carrots & Ostrich

with whipped feta

Harissa paste and honey go hand-in-hand - just like you and UCOOK, Chef! A medley of onion & carrot wedges are infused with honey and Pesto Princess Harissa Paste, then roasted until golden perfection. Served with NOMU Moroccan Rub-spiced ostrich, a homemade whipped feta and fresh mint.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Jade Summers

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Carb Conscious

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Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

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## Ingredients & Prep

720g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
2	Onions <i>peel &amp; cut 1½ into wedges</i>
90ml	Pesto Princess Harissa Paste
60ml	Honey
150g	Danish-style Feta <i>drain &amp; crumble</i>
125ml	Low Fat Plain Yoghurt
450g	Free-range Ostrich Fillet
15ml	NOMU Moroccan Rub
8g	Fresh Mint <i>rinse &amp; pick</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Milk (optional)  
Blender  
Paper Towel  
Butter

**1. HARISSA VEG** Preheat the oven to 200°C. Spread the carrot wedges, and the onion wedges onto a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). In the final 8-10 minutes, add the harissa paste, and the honey. Roast for the remaining time.

**2. WHIPPED FETA** In a small bowl, combine the crumbled feta, and the yoghurt. Mash with a fork until combined. Add milk in 5ml increments if the mixture is not coming together. Alternatively, place in a blender and pulse until smooth.

**3. BUTTER-BASTED OSTRICH** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**4. MMMOROCCAN MEAL!** Smear the whipped feta and top with the harissa veg. Side with the sliced ostrich and garnish with the picked mint. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the carrot wedges, and the onion wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). In the final 8-10 minutes, add the harissa paste, and the honey. Roast for the remaining time.

## Nutritional Information

Per 100g

Energy	416kJ
Energy	100kcal
Protein	6.8g
Carbs	10g
of which sugars	6.4g
Fibre	1.5g
Fat	3.6g
of which saturated	1.6g
Sodium	193mg

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
4 Days