



# UCOOK

## Creamy Ostrich & Lemon Mash

with a carrot ribbon salad

Delicious rustic baby potato mash with a note of lemon forms the base for NOMU rub-spiced ostrich that is basted in butter and sour cream. Sided with a feta & carrot ribbon salad and finished off with a sour cream drizzle.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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Simple & Save

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Deetlefs Wine Estate | Deetlefs Stonecross  
Sauvignon Blanc

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## Ingredients & Prep

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600g	Baby Potatoes <i>rinse &amp; cut into bite-sized pieces</i>
30ml	Lemon Juice
90ml	Sour Cream
240g	Carrot <i>rinse, trim &amp; peel into ribbons</i>
60g	Green Leaves <i>rinse</i>
60g	Danish-style Feta <i>drain &amp; crumble</i>
450g	Ostrich Chunks
15ml	NOMU One For All Rub

## From Your Kitchen

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

**1. LEMONY MASH** Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional), the lemon juice, and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. SOUR CREAM SAUCE** In a small bowl, loosen ½ the sour cream with water in 5ml increments until drizzling consistency. Season.

**3. FETA SALAD** In a bowl, toss together the carrot ribbons, the rinsed salad leaves, a drizzle of olive oil, and seasoning. Crumble over the drained feta and set aside.

**4. 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, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the heat, stir through the remaining sour cream, and season.

**5. IT ALL COMES TOGETHER** Plate up the lemon mash and top with the creamy ostrich chunks. Serve the carrot salad alongside and drizzle with the loosened sour cream.

## Nutritional Information

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Per 100g

Energy	469kJ
Energy	112kcal
Protein	7.4g
Carbs	9g
of which sugars	2.2g
Fibre	1.7g
Fat	4.7g
of which saturated	1.9g
Sodium	109mg

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## Allergens

Allium, Cow's Milk

Eat  
Within  
4 Days