



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.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jade Summers

Carb Conscious

Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

240g	Carrot <i>rinse, trim, peel & cut into wedges</i>
1	Onion <i>peel & cut ½ into wedges</i>
30ml	Pesto Princess Harissa Paste
20ml	Honey
50g	Danish-style Feta <i>drain & crumble</i>
40ml	Low Fat Plain Yoghurt
150g	Free-range Ostrich Fillet
5ml	NOMU Moroccan Rub
3g	Fresh Mint <i>rinse & 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, 25-30 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