



UCCOOK

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.

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Sauvignon Blanc

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Ingredients & Prep

200g	Baby Potatoes <i>rinse & cut into bite-sized pieces</i>
10ml	Lemon Juice
30ml	Sour Cream
120g	Carrot <i>rinse, trim & peel into ribbons</i>
20g	Green Leaves <i>rinse</i>
20g	Danish-style Feta <i>drain & crumble</i>
150g	Ostrich Chunks
5ml	NOMU One For All Rub

From Your Kitchen

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

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

Allergens

Allium, Cow's Milk

Eat
Within
4 Days