



# QCOOK

## Harissa Honey Carrots & Ostrich

with whipped feta

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Jade Summers

**Wine Pairing:** Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info	Per 100g	Per Portion
Energy	416kj	2948kj
Energy	100kcal	705kcal
Protein	6.8g	47.8g
Carbs	10g	69g
of which sugars	6.4g	45.6g
Fibre	1.5g	11g
Fat	3.6g	25.7g
of which saturated	1.6g	11.1g
Sodium	193mg	1369mg

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** Hot

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
2	2	Onions <i>peel &amp; cut 1½ [2] into wedges</i>
90ml	125ml	Pesto Princess Harissa Paste
60ml	80ml	Honey
150g	200g	Danish-style Feta <i>drain &amp; crumble</i>
125ml	160ml	Low Fat Plain Yoghurt
450g	600g	Free-range Ostrich Fillet
15ml	20ml	NOMU Moroccan Rub
8g	10g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Butter

Paper Towel

Milk (optional)

Blender (optional)

**1. HARISSA VEG** Preheat the oven to 200°C. Spread the carrot and the onion 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. Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

**2. WHIPPED FETA** In a small bowl, combine the 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 mint. Well done, Chef!