



# UCOOK

## Creamy Tomato Ostrich Rotis

with sun-dried tomatoes & almonds

What would happen if Cajun cuisine was infused with South African and Indian ingredients? This recipe, Chef! Browned ostrich strips are covered in a rich tomato & sour cream sauce, together with cannellini beans, pops of corn, & sun-dried tomato. To enjoy every last drop, this dish is sided with toasted rotis.

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**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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Quick & Easy

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Strandveld | Grenache

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## Ingredients & Prep

300g	Free-range Ostrich Strips
150g	Diced Onion
100g	Corn
30ml	NOMU Cajun Rub
60ml	Tomato Paste
120g	Cannellini Beans <i>drain &amp; rinse</i>
80ml	Sour Cream
60g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
8	Rotis
20g	Almonds

## From Your Kitchen

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

**1. OSTRICH** Place a pan over 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). Remove from the pan. Season and set aside.

**2. CREAMY SAUCE** Return the pan to medium heat with a drizzle of oil, if necessary. When hot, fry the diced onion (to taste) and the corn until turning golden, 4-5 minutes. Add the NOMU rub and the tomato paste, and fry until fragrant, 1-2 minutes. Mix in 200ml of water and simmer until slightly thickening, 6-8 minutes. In the final 2-3 minutes, mix in the rinsed beans and the browned ostrich until warmed through. Remove from the heat and mix in the sour cream and the sun-dried tomatoes. Loosen with a splash of water if it's too thick and season.

**3. ROTIS** Place the rotis on a plate and heat up in the microwave, 30-60 seconds. Alternatively, place a clean pan over medium heat. When hot, toast the rotis until heated through, 30-60 seconds per side.

**4. DINNER IS READY** Plate up the creamy ostrich, scatter over the nuts, and serve alongside the rotis. Easy, Chef!



## Chef's Tip

Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

## Nutritional Information

Per 100g

Energy	700kJ
Energy	168kcal
Protein	8.8g
Carbs	18g
of which sugars	5g
Fibre	2.7g
Fat	6.8g
of which saturated	1.7g
Sodium	335.3mg

## Allergens

Cow's Milk, Gluten, Allium, Wheat,  
Sulphites, Tree Nuts, Soy

Eat  
Within  
2 Days