



UCOOK

Harissa Ostrich Flatbreads

with tzatziki & walnuts

As one of the earliest types of breads, you will use the tried-and-tested flatbread as your base for Pesto Princess Harissa Paste-covered ostrich, loaded with dots of spring onion, & earthy spinach. Finished with dollops of tzatziki and crunchy walnuts.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 3 People

Chef: Kate Gomba

Quick & Easy

Muratie Wine Estate | Muratie Alberta
Annemarie Merlot 2019

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Ingredients & Prep

| | |
|-------|---|
| 450g | Free-range Ostrich Chunks |
| 3 | Spring Onions <i>rinse & roughly slice</i> |
| 150ml | Harissa Paste |
| 60g | Spinach <i>rinse</i> |
| 3 | Flatbreads |
| 150ml | Tzatziki |
| 45g | Walnuts |

From Your Kitchen

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

1. OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and roughly chop. When hot, fry the ostrich and the sliced spring onions until lightly golden, 2-3 minutes (shifting occasionally). Add the harissa paste and 150ml of water. Simmer until thick and saucy, 3-4 minutes. Mix in the rinsed spinach, remove from the heat, and season.

2. FLATBREADS Place a pan over medium heat. When hot, toast the naan until golden, 1-2 minutes per side.

3. DINNER IS READY Arrange the toasted flatbreads on a plate, top with the harissa-ostrich and small dollops of tzatziki. Sprinkle the walnuts over. Tuck in, Chef!



Chef's Tip

Place the walnuts 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 | 822kJ |
| Energy | 197kcal |
| Protein | 11.7g |
| Carbs | 15g |
| of which sugars | 3g |
| Fibre | 1.7g |
| Fat | 9.2g |
| of which saturated | 1.5g |
| Sodium | 396.7mg |

Allergens

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

Eat
Within
4 Days