

UCOOK

Feel-good Ostrich Tacos

with smoky chipotle chillies in adobo,
crème fraîche & charred corn

We're loco for these roti tacos! They're packed with chipotle-infused ostrich slices and charred corn & spring onion tossed with lemon & coriander. Finished off with a flourish of smoky adobo crème, herby chimichurri sauce & crispy onions. Best of all – they can be whipped up in no time!

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Lauren Nel

Adventurous Foodie

Paardenkloof Wines | Paardenkloof "The Long Road" Shiraz

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Ingredients & Prep

150g	Corn
3	Spring Onions <i>rinse & thinly slice</i>
8g	Fresh Coriander <i>rinse & roughly chop</i>
30ml	Lemon Juice
45g	Chipotle Chillies In Adobo
150ml	Crème Fraîche
480g	Free-range Ostrich Steak
12	Rotis
60g	Salad Leaves <i>rinse & roughly shred</i>
300g	Cucumber <i>rinse & cut into half-moons</i>
90ml	Pesto Princess Chimichurri Sauce
30ml	Crispy Onion Bits

From Your Kitchen

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

1. A ZESTY START Place a nonstick pan over high heat with a drizzle of oil. When hot, fry the corn until charred, 3-4 minutes (shifting occasionally). Add $\frac{3}{4}$ of the sliced spring onion and a pinch of salt. Fry until lightly browned, 2-3 minutes (shifting regularly). Remove from the pan and place in a bowl with $\frac{3}{4}$ of the chopped coriander. Add $\frac{1}{2}$ the lemon juice (to taste), toss together, and set aside.

2. ADOBO CRÈME Roughly chop the chipotle in adobo and reserve the sauce. Season the crème fraîche and mix in the reserved adobo sauce (to taste). Set aside.

3. SPICY CHIPOTLE OSTRICH Return the pan to 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 chopped chipotles (to taste — they're hot!). Remove the ostrich from the pan, reserving the chipotles behind in the pan, and set aside to rest for 5 minutes before slicing and seasoning.

4. FLIP THOSE ROTIS! Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

5. ASSEMBLE THE TACOS! Smear some adobo crème on each roti. Load up with the shredded green leaves, the cucumber half-moons, and the charred corn. Top with the ostrich slices and the reserved chipotles from the pan, drizzle with the chimichurri, and garnish with the crispy onions, the remaining coriander, and the remaining spring onion. Finish off with a drizzle of the remaining lemon juice and fold up. Time to go to taco town!

Nutritional Information

Per 100g

Energy	624kJ
Energy	149kcal
Protein	8.4g
Carbs	13g
of which sugars	3.3g
Fibre	1.4g
Fat	6.9g
of which saturated	2.6g
Sodium	223mg

Allergens

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

Eat
Within
3 Days