



# UCCOOK

## Asian Ostrich Mince Roll-ups

with sesame seeds & fresh coriander

Toasted rotis are filled with Asian-style ostrich mince, crisp pepper strips, plump edamame, and cool cucumber rounds. Finished off with a scattering of coriander & basil, and a sprinkle of sesame seeds for added crunch.

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Samantha du Toit

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Quick & Easy

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Domaine Des Dieux | Josephine Pinot Noir

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## Ingredients & Prep

6	Rotis
450g	Free-range Ostrich Mince
3 units	UCOOK Asian Sauce
120g	Edamame Beans
8g	Fresh Coriander
8g	Fresh Basil
2	Bell Peppers <i>rinse, deseed &amp; cut 1½ into strips</i>
150g	Cucumber <i>rinse &amp; cut into rounds</i>
30ml	White Sesame Seeds

## From Your Kitchen

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

**1. READY THE ROTIS** Place a 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.

**2. MAKE THE MINCE** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). In the final minute, mix through the Asian sauce (to taste) and the edamame beans.

**3. QUICK PREP** Rinse, pick, and roughly chop the fresh herbs.

**4. ON A ROLL, CHEF!** Fill the toasted rotis with the mince, the pepper strips, and the cucumber rounds. Scatter over the chopped herbs and the sesame seeds. Roll up and dig in, Chef!



## Chef's Tip

Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

## Nutritional Information

Per 100g

Energy	544kJ
Energy	130kcal
Protein	7.2g
Carbs	15g
of which sugars	4g
Fibre	1.7g
Fat	4.6g
of which saturated	0.9g
Sodium	284mg

## Allergens

Gluten, Allium, Sesame, Wheat, Fish,  
Soy, Cow's Milk, Shellfish

Eat  
Within  
4 Days