



U C O O K

— COOKING MADE EASY

KAROO OSTRICH TACOS

with warm rotis, dried apricots & crispy lentils

Bask in the flavours of a warm desert sunset with these Karoo-inspired tacos: soft rotis overflowing with fragrant ostrich strips, dried apricots, rocket, hummus, and a zesty radish pickle.

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Lauren Todd

 **Easy Peasy**

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Ingredients & Prep

80g	Green Leaves rinsed
240g	Lentils drained & rinsed
600g	Free-Range Ostrich Stroganoff
80g	Radish thinly sliced into rounds
300g	Julienne Carrot
40ml	NOMU BBQ Rub
200ml	Hummus
16	Cocktail Rotis
80g	Dried Apricots roughly chopped
90ml	Pickling Liquid 60ml Red Wine Vinegar & 30ml Honey

From Your Kitchen

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

1. PICKLE THE RADISH Place the sliced radish in a bowl with the pickling liquid. Toss to coat and set aside to pickle.

2. CRISPY LENTILS Place a pan over a medium-high heat with a drizzle of oil. When hot, toast the drained lentils for 8-10 minutes until crispy. For the best results, only shift them occasionally. Season on completion and set aside for serving.

3. WARM THE ROTIS Place a large, clean pan over a medium heat. When hot, warm the rotis for about 1 minute per side until heated through and lightly toasted. Alternatively, spread them out on a plate in a single layer and warm up in the microwave for 30-60 seconds. Once heated, stack on a plate and cover with a tea towel to keep warm.

4. SPICED OSTRICH STRIPS Return the pan to a high heat with a drizzle of oil. When hot, fry the ostrich stroganoff for 4-5 minutes until browned but not cooked through, shifting occasionally. Add the BBQ Rub to taste and a knob of butter (optional). Fry for a further 2-3 minutes until cooked through and crisping up. You may need to do this step in batches.

5. HUMMUS DRESSING Drain the pickled radish, reserving the pickling liquid. Place the hummus in a bowl and mix in the reserved pickling liquid in 5ml increments until drizzling consistency, tasting as you go. Season to taste.

6. GET ROLLIN' Lay out the warm, golden rotis and load with the rinsed green leaves, julienne carrot, pickled radish, and BBQ ostrich strips. Sprinkle over the chopped apricots and crispy lentils and complete with splatters of hummus dressing. Roll up and eat up, Chef!



Chef's Tip

Lentils are a powerhouse of macro- and micro-nutrients: a perfect plant-based protein source! They're also high in fiber and iron.

Nutritional Information

Per 100g

Energy	650kj
Energy	155Kcal
Protein	10.4g
Carbs	22g
of which sugars	7.1g
Fibre	4g
Fat	3.4g
of which saturated	0.8g
Salt	0.8g

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within
4 Days