Eat Within 4 Days

UCOOK

Ostrich Pizza Pocket

with a basil cream cheese & cucumber salad

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

Chef: Tiisetso Maema

Wine Pairing: Groote Post Winery | Groote Post Old Man's Blend Red Blend

Nutritional Info	Per 100g	Per Portion
Energy	667kJ	4709kJ
Energy	160kcal	1127kcal
Protein	9.3g	65.9g
Carbs	11g	77g
of which sugars	2.6g	18.5g
Fibre	1.3g	9.1g
Fat	8.1g	57.5g
of which saturated	3.6g	25.7g
Sodium	231mg	1632mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
30ml	60ml	Cream Cheese
15ml	30ml	Pesto Princess Basil Pesto
15ml	30ml	Balsamic Vinegar
100g	200g	Cucumber *rinse & roughly dice*
20g	40g	Pitted Kalamata Olives *drain & cut into half*
5g	10g	Fresh Basil *rinse & roughly tear*
150g	300g	Free-range Ostrich Strips
1	1	Onion *peel & finely dice ½ [1]*
10ml	20ml	Italian Spice Mix *(2.5ml [5ml] Garlic Powder, 7.5ml [15ml] NOMU Italian Rub)*
50ml	100ml	Tomato Passata
1	2	Pita Bread/s
80g	160g	Cheddar Cheese *grate*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Paper Towel
Sugar/Sweetener/Honey
Water
Butter

1. READY, STEADY, COOK! In a bowl, combine the cream cheese and pesto. In a separate bowl, combine the vinegar with a drizzle of olive oil, sweetener (to taste) and season. Mix until emulsified. Mix in the olives, cucumber and basil. Set aside in the fridge.

2. O-YUM OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season. Cut into bite-sized pieces.

3. HOMEMADE TOMATO SAUCE Return the pan to medium heat with a drizzle of oil and a knob of butter. Fry the onion until soft, 4-5 minutes. Add the spice mix and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 5ml [10ml] of a sweetener (to taste). Simmer the sauce on medium-low heat until it has slightly reduced, 2-3 minutes. Remove from the heat and season. Loosen with a splash of water if it is too thick. Toss the ostrich in the sauce until well coated.

4. TIME TO TOAST Place a clean pan (with a lid) over medium heat. When hot, toast the pita/s until heated through, 30-40 seconds per side. Alternatively, place them on a plate and heat up in the microwave, 1-2 minutes. Cut the pita/s in half to create a pocket. Fill the pita pocket with the saucy ostrich and top with the cheese.

5. MELT THE CHEESE Return the pan to medium heat and add the pita pockets. Cover with the lid and allow the cheese to melt and the ostrich to heat through for 1-2 minutes. Remove from the pan and set aside. Alternatively, air fry at 200°C until the cheese has melted, 2-3 minutes.

6. NO ORDINARY MEAL Plate up the pita pocket/s and dollop over the basil cream cheese on top. Serve with the cucumber and basil salad on the side. Well done, Chef!