



UCOOK

Ostrich Goulash Flatbread

with homemade hummus & pickled
onions


A very hands on dinner! Make your own flatbread and top it with crispy, fresh and delicious toppings. Crispy beans, ostrich goulash, and hummus. Finished off with pickled onions, green leaves and fresh parsley.

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Alex Levett

 Easy Peasy

 Fat Bastard | Rosé

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Ingredients & Prep

120g	Cannellini Beans <i>drained & rinsed</i>
15ml	White Wine Vinegar
1	Red Onion <i>¼ peeled & finely sliced</i>
125ml	Self-raising Flour
1	Garlic Clove <i>peeled & grated</i>
85ml	Greek Yoghurt
15ml	Tahini
4g	Fresh Parsley <i>rinsed & roughly chopped</i>
150g	Free-range Ostrich Goulash
10ml	NOMU Moroccan Rub
20g	Green Leaves <i>rinsed</i>
1	Tomato <i>roughly diced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap
Sugar/Sweetener/Honey
Blender
Paper Towel
Butter (optional)

1. ROAST & PICKLE Preheat the oven to 200°C. Place ½ the cannellini beans on a roasting tray, coat with some oil and season. Pop in the oven and roast for 8-10 until starting to crisp. In a bowl, add the vinegar, 1 tsp of a sweetener of choice, 15ml of water, and seasoning. Mix until the sweetener of choice is fully dissolved. Add the sliced onion, toss until fully coated, and set aside to pickle.

2. MAKE THE DOUGH Set aside 1 tsp of flour. Place the rest in a bowl with a good pinch of salt and ½ the grated garlic. Using your hands, rub in 10ml of oil until it forms breadcrumbs. Mix in 35ml of yoghurt until combined into a sticky ball. If too dry, mix in water in 5ml increments until combined. Use ½ of the reserved flour to dust a flat surface. Place the dough on top and knead until smooth. Divide into 2-3 pieces and roll into balls. Cover with cling wrap and pop in the fridge.

3. YUMMUS HUMMUS In a blender, place the remaining cannellini beans, the tahini, the remaining garlic (to taste), the remaining yoghurt, seasoning, and 30ml of olive oil. Pulse until smooth. Add water in 5ml increments if it's too thick for your liking. On completion, add ½ the chopped parsley and mix until fully combined.

4. FLATBREAD FIESTA Spread the reserved flour across a flat surface. Place the dough balls on top and use a rolling pin to shape into flat discs of 10-12cm in diameter. Place a pan over a high heat with a small drizzle of oil or a knob of butter. When hot, cook the flatbreads one at a time for 2 minutes per side until heated through and lightly crisped. Remove from the pan on completion and allow to drain on paper towel.

5. CRISPY GOULASH Pat dry the ostrich with some paper towel and slice into small chunks. Return the pan to a high heat with a drizzle of oil. When hot, sear the ostrich pieces for 1-2 minutes until browned. In the final 1-2 minutes, lower the heat and baste the pieces with the rub. Remove from the heat and season to taste. Drain the pickling liquid from the onions.

6. TIME TO DINE! Lay down the toasty flatbreads. Smear with ½ the homemade cannellini hummus, and scatter over the pickled onions, the crispy beans and the juicy ostrich. Top with the rinsed green leaves, the diced tomato, and dollops of the remaining hummus. Garnish with the remaining parsley and serve any remaining fillings on the side. Tuck in!

Nutritional Information

Per 100g

Energy	475kJ
Energy	114Kcal
Protein	8g
Carbs	15g
of which sugars	1.8g
Fibre	2.3g
Fat	2.6g
of which saturated	0.7g
Sodium	128mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days