



UCCOOK

Feel-good Ostrich Tacos

with smoky chipotle chillies in adobo & crème fraîche

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Lauren Nel

Wine Pairing: Muratie Wine Estate | Muratie Martin Melch Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	599kJ	3074kJ
Energy	143kcal	735kcal
Protein	9.1g	46.4g
Carbs	13g	66g
of which sugars	2.9g	14.9g
Fibre	1.9g	9.8g
Fat	5.8g	29.9g
of which saturated	2.7g	13.6g
Sodium	171mg	877mg

Allergens: Cow's Milk, Soya, Gluten, Allium, Wheat, Sulphites

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Spring Onions <i>rinse, trim & finely slice</i>
180g	240g	Red Kidney Beans <i>drain & rinse</i>
8g	10g	Fresh Coriander <i>rinse & pick</i>
30ml	40ml	Lemon Juice
450g	600g	Free-range Ostrich Fillet
12	16	Cocktail Rotis
30g	40g	Chipotle Chillies In Adobo <i>roughly chop</i>
150ml	200ml	Crème Fraîche
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
300g	400g	Cucumber <i>rinse & cut into half-moons</i>
15g	20g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. BEAN THERE, MADE THAT Place a pan over high heat with a drizzle of oil. When hot, fry $\frac{3}{4}$ of the spring onion until lightly browned, 1-2 minutes (shifting regularly). Add the kidney beans and fry until heated through, 2-3 minutes (shifting occasionally). Remove from the pan and place in a bowl with $\frac{3}{4}$ of the coriander. Add the lemon juice (to taste) and set aside for serving.

2. O-YUM OSTRICH Return the pan used for the beans 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). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

3. CREAMY CHILLIES & TOASTED ROTI 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. In a small bowl, combine the chillies (to taste) with the crème fraîche and seasoning.

4. TIME FOR TACOS! Smear some crème fraîche on each roti. Load up with the salad leaves, the cucumber, and the lemony beans. Top with the chipotle ostrich and garnish with the crispy onions, the remaining coriander and spring onion. Fold it all up, and it is time to go to taco town, Chef!