



UCOOK

Harissa Ostrich Flatbreads

with tzatziki & walnuts

As one of the earliest types of breads, you will use the tried-and-tested flatbread as your base for Pesto Princess Harissa Paste-covered ostrich, loaded with dots of spring onion, & earthy spinach. Finished with dollops of tzatziki and crunchy walnuts.

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

Muratie Wine Estate | Muratie Alberta
Annemarie Merlot 2019

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

150g	Free-range Ostrich Chunks
1	Spring Onion <i>rinse & roughly slice</i>
50ml	Harissa Paste
20g	Spinach <i>rinse</i>
1	Flatbread
50ml	Tzatziki
15g	Walnuts

From Your Kitchen

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

1. OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and roughly chop. When hot, fry the ostrich and the sliced spring onions until lightly golden, 1-2 minutes (shifting occasionally). Add the harissa paste and 50ml of water. Simmer until thick and saucy, 2-3 minutes. Mix in the rinsed spinach, remove from the heat, and season.

2. FLATBREAD Place a pan over medium heat. When hot, toast the naan until golden, 1-2 minutes per side.

3. DINNER IS READY Arrange the toasted flatbread on a plate, top with the harissa-ostrich and small dollops of tzatziki. Sprinkle the walnuts over. Tuck in, Chef!



Chef's Tip

Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	822kJ
Energy	197kcal
Protein	11.7g
Carbs	15g
of which sugars	3g
Fibre	1.7g
Fat	9.2g
of which saturated	1.5g
Sodium	396.7mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
4 Days