



# UCCOOK

## Spanish-spiced Ostrich Roll

with golden potato wedges

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Rhea Hsu

**Wine Pairing:** Waterkloof | Revenant Wild Ferment Syrah

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 495kj    | 3334kj      |
| Energy             | 118kcal  | 797kcal     |
| Protein            | 7g       | 47.3g       |
| Carbs              | 16g      | 110g        |
| of which sugars    | 1.9g     | 13.1g       |
| Fibre              | 1.6g     | 10.8g       |
| Fat                | 2.6g     | 17.8g       |
| of which saturated | 0.5g     | 3.4g        |
| Sodium             | 168mg    | 1133mg      |

**Allergens:** Egg, Gluten, Wheat, Cow's Milk, Soya, Allium

**Spice Level:** Mild

Eat Within 4 Days

### Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                |
|----------|------------|------------------------------------------------|
| 200g     | 400g       | Potato<br><i>rinse &amp; cut into wedges</i>   |
| 1        | 2          | Portuguese Roll/s                              |
| 150g     | 300g       | Free-range Ostrich Strips                      |
| 5ml      | 10ml       | NOMU Spanish Rub                               |
| 120g     | 120g       | Carrot<br><i>rinse &amp; peel into ribbons</i> |
| 50g      | 100g       | Cucumber<br><i>rinse &amp; roughly dice</i>    |
| 30ml     | 60ml       | Prego Sauce                                    |

### From Your Kitchen

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

- 1. WONDERFUL WEDGES** Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).
- 2. TOAST TO THAT** Halve the roll/s and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the roll/s, cut-side down, until golden, 1-2 minutes. Set aside.
- 3. O-YUM OSTRICH** Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich strips dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and season.
- 4. FOR THE FRESHNESS** Place the carrot into a bowl and toss with the cucumber, a drizzle of olive oil and seasoning. Set aside.
- 5. PERFECT BITE** Top the toasted roll/s with the dressed fresh veg and the seared ostrich strips. Drizzle over the prego sauce and the reserved pan juices. Close up the roll. Side with the potato wedges. Enjoy, Chef!