



QCOOK

Grilled Ostrich Shawarma

with gherkins & yoghurt

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Quick & Easy: Serves 1 & 2

Chef: Morgan Barnard

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	527kJ	3136kJ
Energy	126kcal	750kcal
Protein	9.4g	56.1g
Carbs	15g	89g
of which sugars	1.9g	11.1g
Fibre	2g	11.6g
Fat	2.9g	17.5g
of which saturated	1.1g	6.4g
Sodium	211mg	1257mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Ostrich Fillet
12.5ml	25ml	Shawarma Spice <i>(2,5ml [5ml] Smoked Paprika, 7,5ml [15ml] NOMU Moroccan Rub & 2,5ml [5ml] Dried Chilli Flakes)</i>
2	4	Pita Flatbreads
100ml	200ml	Greek Yoghurt
40g	80g	Gherkins <i>drain & roughly dice</i>
40g	80g	Green Leaves <i>rinse</i>
1	1	Tomato <i>rinse & slice ½ [1] into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. START THE SHAWARMA Place a pan over 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). In the final minute, baste with a knob of butter and the shawarma spice. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

2. WARM PITA Place a clean pan over medium heat. When hot, toast the pitas until heated through, 30-40 seconds per side. Alternatively, place them on a plate and heat up in the microwave, 1-2 minutes per side.

3. TANGY, TASTY YOGHURT In a bowl, combine the yoghurt, gherkins, and seasoning.

4. SIMPLY SUPERB Load the toasted pitas with the green leaves, the tomato, the ostrich, and dollop over the tangy yoghurt. Wrap up, Chef!