

UCOOK

Spicy Sriracha & Ostrich Wraps

with chive-dressed cucumber

Cajun-spiced ostrich strips are wrapped up in toasted tortillas, which are layered with a smear of sriracha mayo, refreshing chive-dressed cucumber with a kick of zesty lemon juice, and fresh greens. It's never been so quick & easy to dive into a delicious dinner!


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

 Quick & Easy

 Bertha Wines | Bertha Sauvignon Blanc 2023

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Ingredients & Prep

50g	Cucumber <i>rinse & cut into half-moons</i>
3g	Fresh Chives <i>rinse & finely chop</i>
20g	Piquanté Peppers <i>drain</i>
15ml	Lemon Juice
15g	Almonds
50g	Corn
20g	Sun-dried Tomatoes <i>roughly chop</i>
150g	Free-range Ostrich Strips
5ml	NOMU Cajun Rub
2	Wholewheat Tortillas
1 unit	Sriracha Mayo
20g	Green Leaves <i> rinsed</i>

From Your Kitchen

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

1. CHIVE CUCUMBERS In a bowl, combine the cucumber half-moons, ½ the chopped chives, the drained piquanté peppers, the lemon juice (to taste), a drizzle of olive oil, and seasoning. Set aside.

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

3. CHARRED CORN & TOMATOES Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn and the chopped tomatoes until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. BROWNED OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Baste the ostrich with a knob of butter and the NOMU rub. Remove from the pan and season.

5. TOASTY WRAPS Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

6. TASTY TORTILLAS Smear some of the mayo over a tortilla and top with the rinsed leaves. Top with the charred corn & tomato, the cajun ostrich, and the chive-dressed cucumber & peppers. Repeat with the remaining tortilla. Dollop over the remaining mayo and garnish with the remaining fresh chives and toasted almonds. Close them up and dig in!

Nutritional Information

Per 100g

Energy	901kJ
Energy	215kcal
Protein	9.2g
Carbs	16g
of which sugars	4g
Fibre	2.5g
Fat	12.7g
of which saturated	2.4g
Sodium	288mg

Allergens

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

Cook
within 3
Days