



UCOOK

Rustic Ostrich Gyros

with bell pepper & a lemon pesto crème fraîche


Try your hand at making these super easy homemade pitas! These delicious, warm pitas are stuffed with juicy garlic-basted ostrich steak slices, pickled onions, carrot ribbons, and pepper slices. Finish it off with a zingy lemon pesto crème fraîche, and you have yourself a golly-gosh, ready-to-nosh gyros dish!

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Adventurous Foodie

 Waterford Estate | Waterford Sauvignon Blanc

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

Ingredients & Prep

180ml	Self-raising Flour
50ml	Low Fat Plain Yoghurt
10ml	Red Wine Vinegar
1	Onion <i>¼ peeled & finely sliced</i>
120g	Carrot <i>rinsed, trimmed & peeled into ribbons</i>
80ml	Pesto Crème <i>(40ml Crème Fraîche & 40ml Pesto Princess Basil Pesto)</i>
1	Lemon <i>½ rinsed & cut into wedges</i>
1	Fresh Chilli <i>rinsed, trimmed, deseeded & finely sliced</i>
160g	Free-range Ostrich Steak
1	Bell Pepper <i>½ rinsed, deseeded & cut into 1cm thick slices</i>
1	Garlic Clove <i>peeled & grated</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap
Sugar/Sweetener/Honey
Paper Towel
Butter

1. DOUGH-LICIOUS Set aside 1 tsp of flour. Place the remaining flour in a bowl with a good pinch of salt. Using your hands, rub in 10ml of oil until the mixture looks like breadcrumbs. Mix in the yoghurt and combine into a sticky ball. If too dry, gradually mix in water in 5ml increments until just combined. Use ½ the reserved flour to dust a flat surface. Place the dough on top and knead until smooth. Cover with cling wrap and pop in the fridge.

2. PICKLE & PESTO In a bowl, combine the vinegar, 5ml of sweetener, and seasoning until the sweetener is dissolved. Toss through the sliced onion and the carrot ribbons, and set aside. In a separate bowl, combine the pesto crème, a squeeze of lemon juice, the sliced chilli (to taste), and seasoning.

3. PREP THE PITAS Spread the remaining reserved flour across a flat surface. Place the dough ball on top and use a rolling pin or bottle to shape into a flat disc of 12-15cm in diameter. Place a pan over high heat with a small drizzle of oil or a knob of butter. When hot, cook the pita until heated through and lightly crisped, 2 minutes per side. Remove from the pan.

4. SEAR THE STEAK & PEPs Return the pan to medium heat with a drizzle of oil. Pat the ostrich steak dry with paper towel. When hot, sear the steak and the sliced peppers until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the grated garlic. Remove from the pan and set the steak aside to rest for 5 minutes before slicing and seasoning.

5. THAT'S MY GUY-RO! Lay down a warm pita and smear with the tangy pesto crème. Top with the rinsed green leaves and the juicy ostrich slices. Drizzle over any remaining pan juices and finish with the pickled onions, the carrot ribbons, and the pepper slices. Serve any remaining fillings on the side. Roll it up and dig in!



Chef's Tip

Resting the dough allows it to fully hydrate and relax, which makes the dough much easier to roll out!

Nutritional Information

Per 100g

Energy	515kj
Energy	123kcal
Protein	6.3g
Carbs	14g
of which sugars	2.4g
Fibre	1.8g
Fat	5.1g
of which saturated	1.9g
Sodium	52mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days