



# QCOOK

## Harissa Ostrich Flatbreads

with tzatziki & walnuts

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Muratie Wine Estate | Muratie Ronnie  
Melck Shiraz

### Nutritional Info

	Per 100g	Per Portion
Energy	824kJ	3283kJ
Energy	197kcal	785kcal
Protein	11.7g	46.7g
Carbs	15g	61g
of which sugars	3g	11.8g
Fibre	1.7g	6.8g
Fat	9.2g	36.8g
of which saturated	1.5g	5.9g
Sodium	397mg	1582mg

**Allergens:** Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
450g	600g	Free-range Ostrich Chunks
3	4	Spring Onions <i>rinse &amp; roughly slice</i>
150ml	200ml	Pesto Princess Harissa Paste
60g	80g	Baby Spinach <i>rinse</i>
3	4	Flatbreads
150ml	200ml	Tzatziki
45g	60g	Walnuts

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (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 spring onions until lightly golden, 3-4 minutes (shifting occasionally). Add the harissa paste and 150ml [200ml] of water. Simmer until thick and saucy, 3-4 minutes. Mix in the spinach, remove from the heat, and season.

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

**3. DINNER IS READY** Arrange the flatbreads 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.