



# QCOOK

## Grilled Ostrich Shawarma

with gherkins & yoghurt

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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

**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:

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Serves 3	[Serves 4]	
450g	600g	Free-range Ostrich Fillet
37.5ml	50ml	Shawarma Spice <i>(7,5ml [10ml] Smoked Paprika, 22,5ml [30ml] NOMU Moroccan Rub &amp; 7,5ml [10ml] Dried Chilli Flakes)</i>
6	8	Pita Flatbreads
300ml	400ml	Greek Yoghurt
120g	160g	Gherkins <i>drain &amp; roughly dice</i>
120g	160g	Green Leaves <i>rinse</i>
2	2	Tomatoes <i>rinse &amp; slice 1½ [2] into half-moons</i>

## From Your Kitchen

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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!