



# UCOOK

## Ostrich & Cauli Tortillas

with yoghurt, coriander & spring onion

Mini tortillas are smeared with yoghurt before being topped with tender roasted cauliflower, juicy ostrich steak, avocado chunks, spring onion and a garnish of fresh fragrant coriander. Yummo!

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**Hands-On Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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 Quick & Easy

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 Boschendal | 1685 Shiraz

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## Ingredients & Prep

|      |  |
|------|--|
| 400g | Cauliflower Florets<br><i>cut into bite-sized pieces</i> |
| 20ml | NOMU Cajun Rub   |
| 8g   | Fresh Coriander  |
| 2    | Spring Onions  |
| 320g | Free-range Ostrich Steak                                 |
| 1    | Avocado  |
| 8    | Wheat Flour Tortillas                                    |
| 85ml | Low Fat Plain Yoghurt                                    |
| 5ml  | Dried Chilli Flakes                                      |

## From Your Kitchen

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

**1. ROASTED CAULI** Preheat the oven to 200°C. Spread out the cauliflower pieces on a roasting tray, coat in oil, the rub (to taste), and seasoning. Roast in the hot oven for 15-20 minutes until cooked through and starting to char, shifting halfway.

**2. SOME PREP STEPS** Rinse the coriander and spring onions. Pick the coriander and roughly slice the spring onions. Pat the ostrich dry with some paper towel and cut into small chunks. Halve the avocado and remove the pip. Peel off the avocado skin, keeping the flesh intact. Cut the avocado flesh into small chunks, season, and set aside.

**3. OVEN SESAME!** When the cauliflower has 5-10 minutes remaining, place the tortillas on a separate baking tray in a single layer. Pop in the hot oven for 1-2 minutes until warmed through.

**4. OSTRICH TIME** Place a pan over high heat with a drizzle of oil. When hot, sear the ostrich chunks for 2-3 minutes until cooked through or to your preference, shifting as they colour. Season to taste.

**5. TORTILLA TIME!** Lay down the warm tortillas and smear on the yoghurt. Top with the roasted cauli, the ostrich chunks, and the avocado chunks. Sprinkle over the sliced spring onion, the chilli flakes (to taste), and the picked coriander. Wowzers, Chef!



## Chef's Tip

To avoid the avocado chunks turning brown before serving, simply brush with some oil. If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 532kJ   |
| Energy             | 127Kcal |
| Protein            | 7.6g    |
| Carbs              | 12g     |
| of which sugars    | 2g      |
| Fibre              | 2.9g    |
| Fat                | 5.6g    |
| of which saturated | 1.2g    |
| Sodium             | 250.2mg |

## Allergens

Gluten, Dairy, Allium, Wheat

Cook  
within  
4 Days