



UCOOK

Asian Ostrich Mince Roll-ups

with sesame seeds & fresh coriander

Toasted rotis are filled with Asian-style ostrich mince, crisp pepper strips, plump edamame, and cool cucumber rounds. Finished off with a scattering of coriander & basil, and a sprinkle of sesame seeds for added crunch.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Samantha du Toit

Quick & Easy

Domaine Des Dieux | Josephine Pinot Noir

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Ingredients & Prep

4	Rotis
300g	Free-range Ostrich Mince
2 units	UCOOK Asian Sauce
80g	Edamame Beans
5g	Fresh Coriander
5g	Fresh Basil
1	Bell Pepper <i>rinse, deseed & cut into strips</i>
100g	Cucumber <i>rinse & cut into rounds</i>
20ml	White Sesame Seeds

From Your Kitchen

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

1. READY THE ROTIS Place a pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

2. MAKE THE MINCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). In the final minute, mix through the Asian sauce (to taste) and the edamame beans.

3. QUICK PREP Rinse, pick, and roughly chop the fresh herbs.

4. ON A ROLL, CHEF! Fill the toasted rotis with the mince, the pepper strips, and the cucumber rounds. Scatter over the chopped herbs and the sesame seeds. Roll up and dig in, Chef!



Chef's Tip

Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	544kJ
Energy	130kcal
Protein	7.2g
Carbs	15g
of which sugars	4g
Fibre	1.7g
Fat	4.6g
of which saturated	0.9g
Sodium	284mg

Allergens

Gluten, Allium, Sesame, Wheat, Fish, Soy, Cow's Milk, Shellfish

Eat
Within
4 Days