



QCOOK

Spanish-spiced Ostrich Roll

with golden potato wedges

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Simple & Save: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Zevenwacht | Zeven Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	455kJ	2930kJ
Energy	109kcal	702kcal
Protein	6.9g	44.7g
Carbs	15g	96g
of which sugars	2.3g	15.1g
Fibre	1.7g	11.2g
Fat	2.3g	14.9g
of which saturated	0.6g	3.6g
Sodium	131mg	847mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Sesame, Wheat, Soy

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse & cut into wedges</i>
3	4	Burger Buns
450g	600g	Free-range Ostrich Strips
15ml	20ml	NOMU Spanish Rub
240g	240g	Carrot <i>rinse & peel into ribbons</i>
150g	200g	Cucumber <i>rinse & roughly dice</i>
90ml	125ml	Prego Sauce

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. WONDERFUL WEDGES Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

2. BUTTERY BUN Halve the buns, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the bun, cut-side down, until golden, 1-2 minutes. Set aside.

3. O-YUM OSTRICH Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich strips dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and season.

4. FOR THE FRESHNESS Place the carrot into a bowl and toss with the cucumber, a drizzle of olive oil and seasoning. Set aside.

5. PERFECT BITE Top the toasted buns with the dressed fresh veg and the seared ostrich strips. Drizzle over the prego sauce and the reserved pan juices. Close up the bun. Side with the potato wedges. Enjoy, Chef!