



# UCOOK

## North African Ostrich Ciabattini

**with potato fries & avocado hummus**

Inspired by the diverse cuisines of our beautiful continent, we're making a mouthwatering Moroccan meal today, Chef. A pan-toasted ciabattini is smeared with avo hummus and topped with NOMU Moroccan Rub-spiced ostrich strips and fresh greens. Sided with the all-time favourite: potato fries!

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Simple & Save

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Deetlefs Wine Estate | Deetlefs Stonecross  
Pinotage

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## Ingredients & Prep

800g	Potato <i>rinse, peel (optional) &amp; cut into 1cm thick fries</i>
30ml	NOMU Moroccan Rub
600g	Ostrich Strips
4	Ciabattini Rolls
125ml	Avocado Hummus
80g	Green Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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

**1. POTATO FRIES** Preheat the oven to 200°C. Spread the potato fries on a roasting tray. Coat generously in oil, ½ the NOMU rub, and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively: Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

**2. OSTRICH** When the fries have 5-10 minutes to go, place a pan over high heat with a drizzle of oil and a knob of butter. Pat the ostrich dry with paper towel, coat in the remaining NOMU rub, and season. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). You may need to do this step in batches. Remove from the pan, reserving the pan juices.

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

**4. SOME PREP** Loosen the avocado hummus with a splash of water.

**5. O-YUM OSTRICH BUN** Smear the hummus on the bottom buns, top with the shredded green leaves, the ostrich strips, and the pan juices. Cover with the top buns and serve alongside the fries. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	615kJ
Energy	147kcal
Protein	9.3g
Carbs	18g
of which sugars	1.4g
Fibre	2.2g
Fat	4.2g
of which saturated	0.7g
Sodium	216mg

## Allergens

Cow's Milk, Gluten, Allium, Wheat, Soy

Eat  
Within  
3 Days