UCOOK

Fiery Sriracha & Ostrich Wraps

with mint-dressed cucumber

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Nitída | Merlot

Nutritional Info	Per 100g	Per Portion
Energy	822kJ	4127kJ
Energy	197kcal	987kcal
Protein	9.3g	46.5g
Carbs	18g	88g
of which sugars	4.8g	23.9g
Fibre	2.1g	10.6g
Fat	10.4g	52.3g
of which saturated	1.7g	8.8g
Sodium	325mg	1633mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
60g	80g	Sun-dried Tomatoes
30g	40g	Almonds
450g	600g	Free-range Ostrich Fillet
45ml	60ml	Lemon Juice
60g	80g	Piquanté Peppers *drain*
225ml	300ml	Sriracha Mayo *(45ml [60ml] Sriracha Sauce & 180ml [240ml] Mayo)*
15ml	20ml	NOMU Cajun Rub
15g	20g	Fresh Mint *rinse & roughly slice*
150g	200g	Corn
150g	200g	Cucumber *rinse & cut into half-moons*
6	8	Wheat Flour Tortillas

From Your Kitchen

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

1. CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

2. OSTRICH FILLET Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. Sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

3. WRAPS & CUCUMBER SALAD Return the pan, wiped down, to medium heat. Toast each tortilla until warmed through, 30-60 seconds per side. In a bowl, combine the cucumber, mint, piquanté peppers, corn, lemon juice (to taste), a drizzle of olive oil, and seasoning.

4. TASTY TORTILLAS Smear some of the mayo over a tortilla, top with sun-dried tomatoes, Cajun ostrich, and minty-cucumber and peppers salad. Repeat with the remaining tortillas. Dollop over the remaining mayo and garnish with the almonds. Close them up and dig in!