



# U C O O K

— COOKING MADE EASY

## BBQ OSTRICH FAJITAS

with warm tortillas, crème fraîche &  
Pesto Princess chimichurri

An easy, speedy Tex-Mex treat for the whole family — and the perfect match for a busy weekday! Toasted tortillas wrapped around slices of BBQ ostrich steak, daubs of crème fraîche, flash-fried slaw, and pickled jalapeños.

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**Hands-On Time:** 15 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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 **Easy Peasy**

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## Ingredients & Prep

90ml	Crème Fraîche
30ml	Pesto Princess Chimichurri
1	Red Onion <i>peeled &amp; thinly sliced</i>
40ml	White Wine Vinegar
150g	Shredded Cabbage & Julienne Carrot
320g	Free-Range Ostrich Steak
5ml	NOMU BBQ Rub
4	Wheat Flour Tortillas
40g	Pickled Jalapeños <i>drained &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter  
Sugar/Sweetener/Honey

**1. SERIOUSLY SASSY FILLINGS** Boil the kettle. Season the crème fraîche with salt and pepper to taste. In a bowl, loosen the chimichurri with 20ml of olive oil. Set both condiments aside for serving. Place the sliced onion and the white wine vinegar in a bowl, and pour in just enough boiling water to submerge the onion. Add a pinch of salt and 1 tsp of a sweetener of choice. Toss to coat and set aside until serving.

**2. SMOKY, CRUNCHY SLAW** Place a pan over a high heat with a drizzle of oil. When hot, sauté the cabbage and carrot mix for 2-3 minutes until lightly charred. On completion, transfer to a bowl and season to taste. Cover to keep warm and set aside until serving.

**3. FRY THE OSTRICH STEAKS** Return the pan to a medium-high heat with another drizzle of oil. Pat the ostrich steaks dry with some paper towel. When the pan is hot, fry the steaks for 6-8 minutes, shifting and turning as they colour until browned and cooked to your preference. (The time frame recommended will yield a medium-rare result.) During the final 1-2 minutes, lower the heat slightly and use a knob of butter and the BBQ Rub to baste the steaks. Remove from the pan on completion and set aside to rest for 5 minutes before thinly slicing. Lightly season the slices.

**4. HEAT UP THE SOFT TORTILLAS** Place a clean pan over a medium heat. When hot, dry toast the tortillas one at a time for about 30 seconds per side until lightly golden. Remove from the pan on completion. Just before serving, drain the pickling liquid from the onion.

**5. ENJOY YOUR WORK, CHEF!** Lay the tortillas out flat and smear over the crème fraîche. Cover with the charred cabbage and carrot, the BBQ ostrich slices, and the pickled onion. Sprinkle over the chopped jalapeños and finish with dollops of chimichurri. Roll it all up and devour... Oh, cielos! Oh, heavens!



## Chef's Tip

Reserve the pickling liquid from the pickled onions and use it for a second time in another meal!

## Nutritional Information

Per 100g

Energy	657kJ
Energy	162Kcal
Protein	8.4g
Carbs	13g
of which sugars	3.4g
Fibre	1.5g
Fat	7.4g
of which saturated	3.2g
Sodium	258mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days