



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!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Pinotage

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200g	Potato <i>rinse, peel (optional) & cut into 1cm thick fries</i>
7,5ml	NOMU Moroccan Rub
150g	Ostrich Strips
1	Ciabattini Roll
30ml	Avocado Hummus
20g	Green Leaves <i>rinse & 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, 25-30 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). Remove from the pan, reserving the pan juices.

3. BUN Halve the ciabattini bun, 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.

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

5. O-YUM OSTRICH BUN Smear the hummus on the bottom bun, top with the shredded green leaves, the ostrich strips, and the pan juices. Cover with the top bun 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