



UCOOK

Feel-Good Ostrich Tacos

with smoky chipotle chillies in adobo, crème fraîche & charred corn

We're loco for these roti tacos! They're packed with chipotle-infused ostrich strips; charred corn and spring onion tossed with lemon and coriander; a smoky adobo crème; and crispy onions. Best of all, they can be whipped up in no time!


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Lauren Todd

 Quick & Easy

 Waterkloof | Circumstance Petit Verdor

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

Ingredients & Prep

50g	Corn
1	Spring Onion <i>thinly sliced</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
1	Lemon <i>½ zested & cut into wedges</i>
30g	Chipotle in Adobo
50ml	Crème Fraîche
20g	Green Leaves
100g	Cucumber
150g	Free-Range Ostrich Strips
4	Cocktail Rotis
15ml	Crispy Onions

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. A ZESTY START Place a nonstick pan over a high heat with a drizzle of oil. When hot, fry the corn until charred, 1-2 minutes (shifting occasionally). Add $\frac{3}{4}$ of the sliced spring onion and a pinch of salt. Fry until lightly browned, 1-2 minutes (shifting regularly). Remove from the pan on completion and place in a bowl with $\frac{3}{4}$ of the chopped coriander. Add some lemon juice and zest to taste, toss together, and set aside for serving.

2. ADOBO CRÈME & SOME PREP Roughly chop the chipotle in adobo and reserve the sauce. Season the crème fraîche and add the reserved adobo sauce (to taste). Set aside for serving. Rinse and roughly shred the green leaves. Cut the cucumber into half-moons.

3. SPICY CHIPOTLE OSTRICH Return the pan to a high heat with another drizzle of oil. When hot, fry the ostrich strips until browned but not cooked, through, 2-3 minutes (shifting occasionally). Add the chopped chipotles (to taste — they're hot!) and fry until the ostrich is cooked through, 1-2 minutes (shifting regularly). Remove from the heat on completion, season to taste, and set aside in the pan.

4. WHILE THE OSTRICH IS RESTING, FLIP THOSE ROTIS! Place a clean, dry pan over a medium heat. When hot, warm the rotis until heated through and lightly toasted, 30-60 seconds per side. As you go, stack them on a plate on top of one another and cover with a tea towel to keep warm. (Alternatively, spread out on a plate in a single layer and heat in the microwave for 30-60 seconds.)

5. NOW TO ASSEMBLE THE TACOS! Smear some adobo crème on each roti. Load up with the shredded green leaves, the cucumber half-moons, and the charred corn. Top with the chipotle ostrich strips and garnish with the crispy onions, the remaining coriander and spring onion. Finish with a squeeze of lemon juice and fold it all up. Time to go to taco town!

Nutritional Information

Per 100g

Energy	613kj
Energy	146kcal
Protein	8.2g
Carbs	14g
of which sugars	3.3g
Fibre	1.7g
Fat	6.6g
of which saturated	3g
Sodium	195.2mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within
4 Days