



UCOOK

Ostrich Shawarma

with hummus, sweet potato & warm pita bread

Healthy and deliciously easy to make! Lean ostrich steak, sweet potato, pickled cucumber, and hummus, all tucked into a yummy pita – dig in.


Hands-On Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Ella Nasser

 Easy Peasy

 Robertson Winery | Extra Light Merlot

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Ingredients & Prep

1kg	Sweet Potato <i>rinsed, trimmed & cut into thin wedges</i>
2	Garlic Cloves <i>peeled & grated</i>
2	Red Onions <i>peeled & ¾ cut into wedges & ¼ thinly sliced</i>
400g	Cucumber <i>diced</i>
2	Plum Tomatoes <i>diced</i>
15g	Fresh Mint <i>rinsed, picked & finely sliced</i>
40ml	White Wine Vinegar
200ml	Hummus
640g	Free-range Ostrich Steak
60ml	Herb & Seed Mix <i>(20ml Dried Oregano & 40ml White Sesame Seeds)</i>
4	Pita Breads <i>defrosted</i>
120ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. ROASTED GOLDEN VEG Preheat the oven to 200°C. Evenly spread the sweet potato wedges, garlic cloves, and onion wedges on an oven tray. Drizzle with oil, seasoning and toss to coat. Roast in the hot oven for about 30-35 minutes until the sweet potatoes are cooked through and the onions are golden.

2. SALSA & DRIZZLE In a bowl, combine the diced cucumber, diced tomato, sliced onion, ¾ of the sliced mint, and white wine vinegar. Set aside to pickle. In a small bowl, loosen the hummus with water in 5ml increments until drizzling consistency.

3. HERB & SEED CRUSTED STEAK When the sweet potato has 15 minutes remaining, squeeze out the flesh from the roasted garlic and roughly chop. Toss through the roasting vegetables. Place a pan over a medium heat with a drizzle of oil. Pat the ostrich steaks dry with some paper towel. When the pan is hot, fry the steaks for 2-3 minutes per side, until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) In the final 1-2 minutes, use a knob of butter (optional) and the herb & seed mix to baste the steaks. Remove from the pan on completion and rest for 5 minutes before thinly slicing. Lightly season the slices.

4. FLUFFY WARM PITA BREAD Return the pan, wiped down, to a medium heat. When hot, warm the pitas for about 30-60 seconds per side until heated through and lightly toasted. Alternatively, pop them on a plate and heat up in the microwave for 30-60 seconds. If you'd prefer to toast the pitas in the oven, preheat it to 200°C. When hot, pop them in for 3-4 minutes until heated through and crisp.

5. PITA TIME! Smear the tzatziki in the pitas. Fill with the cucumber salsa, and top with the juicy steak slices. Drizzle over the loosened hummus and serve the roast on the side drizzled with any remaining hummus. Garnish with the remaining mint and there you have it!

Nutritional Information

Per 100g

Energy	389kJ
Energy	93Kcal
Protein	7.5g
Carbs	10g
of which sugars	3.2g
Fibre	2g
Fat	2.6g
of which saturated	0.6g
Sodium	101mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites

Cook
within
4 Days