



UCOOK

Creamy Tomato Ostrich Rotis

with sun-dried tomatoes & almonds

What would happen if Cajun cuisine was infused with South African and Indian ingredients? This recipe, Chef! Browned ostrich strips are covered in a rich tomato & sour cream sauce, together with cannellini beans, pops of corn, & sun-dried tomato. To enjoy every last drop, this dish is sided with toasted rotis.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

Strandveld | Grenache

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Ingredients & Prep

150g	Free-range Ostrich Strips
75g	Diced Onion
50g	Corn
15ml	NOMU Cajun Rub
30ml	Tomato Paste
60g	Cannellini Beans <i>drain & rinse</i>
40ml	Sour Cream
30g	Sun-dried Tomatoes <i>drain & roughly chop</i>
4	Rotis
10g	Almonds

From Your Kitchen

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

1. OSTRICH Place a pan over high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan. Season and set aside.

2. CREAMY SAUCE Return the pan to medium heat with a drizzle of oil, if necessary. When hot, fry the diced onion (to taste) and the corn until turning golden, 4-5 minutes. Add the NOMU rub and the tomato paste, and fry until fragrant, 1-2 minutes. Mix in 100ml of water and simmer until slightly thickening, 6-8 minutes. In the final 2-3 minutes, mix in the rinsed beans and the browned ostrich until warmed through. Remove from the heat and mix in the sour cream and the sun-dried tomatoes. Loosen with a splash of water if it's too thick and season.

3. ROTIS Place the rotis on a plate and heat up in the microwave, 30-60 seconds. Alternatively, place a clean pan over medium heat. When hot, toast the rotis until heated through, 30-60 seconds per side.

4. DINNER IS READY Plate up the creamy ostrich, scatter over the nuts, and serve alongside the rotis. Easy, Chef!



Chef's Tip

Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	700kJ
Energy	168kcal
Protein	8.8g
Carbs	18g
of which sugars	5g
Fibre	2.7g
Fat	6.8g
of which saturated	1.7g
Sodium	335.3mg

Allergens

Cow's Milk, Gluten, Allium, Wheat,
Sulphites, Tree Nuts, Soy

Eat
Within
2 Days