



# UCCOOK

## Mini Saucy Ostrich Rotis

with cabbage & fresh coriander

Let's make a toast to toasted cocktail rotis, layered with a sweet & tangy tomato sauce that covers browned ostrich chunks, NOMU BBQ Rub, fried cabbage, and fresh coriander. That's a wrap, Chef!

---

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

---

**Serves:** 1 Person

---

**Chef:** Kate Gomba

---

 Simple & Save

---

 Alvi's Drift | Signature Viognier

---

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

## Ingredients & Prep

150g	Ostrich Chunks
1	Onion <i>½ peeled &amp; roughly sliced</i>
15ml	Tomato Paste
15ml	Rub & Flour <i>(5ml Cornflour &amp; 10ml NOMU BBQ Rub)</i>
3	Rotis
100g	Cabbage <i>rinsed &amp; thinly sliced</i>
10ml	Lemon Juice
3g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. BROWN OSTRICH** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and cut into small pieces. When hot, sear the ostrich until browned but not cooked through, 30-60 seconds (shifting occasionally). Remove from the pan. Season and set aside.

**2. COOK THE SAUCE** Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion until soft, 3-4 minutes. Add the tomato paste and the rub & flour. Fry until fragrant, 2-3 minutes. Stir in 100ml of water. Simmer until thickened, 6-8 minutes. In the final 1-2 minutes, mix in the browned ostrich pieces. Add a sweetener and season. Remove from the heat.

**3. TOAST** Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

**4. CABBAGE** Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced cabbage until slightly wilted, 30-60 seconds. Pour over the lemon juice (to taste). Season and remove from the pan.

**5. IT'S THAT TIME** Lay down the toasted rotis, top with the cabbage and the saucy ostrich, and sprinkle over the chopped coriander. Wrap them up and enjoy!

## Nutritional Information

Per 100g

Energy	456kj
Energy	109kcal
Protein	9g
Carbs	13g
of which sugars	4.1g
Fibre	1.7g
Fat	2.2g
of which saturated	0.5g
Sodium	229mg

## Allergens

Gluten, Dairy, Allium, Wheat, Soy

Cook  
within  
4 Days