



UCOOK

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: 25 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Kate Gomba

 Simple & Save

 Alvi's Drift | Signature Viognier

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

Ingredients & Prep

300g	Ostrich Chunks
1	Onion <i>peeled & roughly sliced</i>
30ml	Tomato Paste
30ml	Rub & Flour <i>(10ml Cornflour & 20ml NOMU BBQ Rub)</i>
6	Rotis
200g	Cabbage <i>rinsed & thinly sliced</i>
20ml	Lemon Juice
5g	Fresh Coriander <i>rinsed, picked & 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 200ml 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