



U C O O K

— COOKING MADE EASY

BBQ OSTRICH FAJITAS

with warm tortillas, crème fraîche &
Pesto Princess chimichurri

An easy, speedy Tex-Mex treat for the whole family — and the perfect match for a busy weekday! Toasted tortillas wrapped around slices of BBQ ostrich steak, daubs of crème fraîche, flash-fried slaw, and pickled jalapeños.

Hands-On Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

 **Easy Peasy**

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Ingredients & Prep

45ml	Crème Fraîche
15ml	Pesto Princess Chimichurri
1	Red Onion <i>one half peeled & thinly sliced</i>
20ml	White Wine Vinegar
75g	Shredded Cabbage & Julienne Carrot
160g	Free-Range Ostrich Steak
3ml	NOMU BBQ Rub
2	Wheat Flour Tortillas
20g	Pickled Jalapeños <i>drained & roughly chopped</i>

From Your Kitchen

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

1. SERIOUSLY SASSY FILLINGS Boil the kettle. Season the crème fraîche with salt and pepper to taste. In a bowl, loosen the chimichurri with 10ml of olive oil. Set both condiments aside for serving. Place the sliced onion and the white wine vinegar in a bowl, and pour in just enough boiling water to submerge the onion. Add a pinch of salt and ½ tsp of a sweetener of choice. Toss to coat and set aside until serving.

2. SMOKY, CRUNCHY SLAW Place a pan over a high heat with a drizzle of oil. When hot, sauté the cabbage and carrot mix for 1-2 minutes until lightly charred. On completion, transfer to a bowl and season to taste. Cover to keep warm and set aside until serving.

3. FRY THE OSTRICH STEAK Return the pan to a medium-high heat with another drizzle of oil. Pat the ostrich steak dry with some paper towel. When the pan is hot, fry the steak for 6-8 minutes, shifting and turning as it colours until browned and cooked to your preference. (The time frame recommended will yield a medium-rare result.) During the final 1-2 minutes, lower the heat slightly and use a knob of butter and the BBQ Rub to baste the steak. Remove from the pan on completion and set aside to rest for 5 minutes before thinly slicing. Lightly season the slices.

4. HEAT UP THE SOFT TORTILLAS Place a clean pan over a medium heat. When hot, dry toast the tortillas one at a time for about 30 seconds per side until lightly golden. Remove from the pan on completion. Just before serving, drain the pickling liquid from the onion.

5. ENJOY YOUR WORK, CHEF! Lay the tortillas out flat and smear over the crème fraîche. Cover with the charred cabbage and carrot, the BBQ ostrich slices, and the pickled onion. Sprinkle over the chopped jalapeños and finish with dollops of chimichurri. Roll it all up and devour... Oh, cielos! Oh, heavens!



Chef's Tip

Reserve the pickling liquid from the pickled onions and use it for a second time in another meal!

Nutritional Information

Per 100g

Energy	657kJ
Energy	162Kcal
Protein	8.4g
Carbs	13g
of which sugars	3.4g
Fibre	1.5g
Fat	7.4g
of which saturated	3.2g
Sodium	258mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days