



UCOOK

Spanish-spiced Ostrich Roll

with golden potato wedges

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	455kJ	2930kJ
Energy	109kcal	702kcal
Protein	6.9g	44.7g
Carbs	15g	96g
of which sugars	2.3g	15.1g
Fibre	1.7g	11.2g
Fat	2.3g	14.9g
of which saturated	0.6g	3.6g
Sodium	131mg	847mg

Allergens: Egg, Soy, Gluten, Sesame, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1 [Serves 2]

50g	100g	Cucumber <i>rinse & roughly dice</i>
5ml	10ml	NOMU Spanish Rub
150g	300g	Free-range Ostrich Strips
120g	120g	Carrot <i>rinse & peel into ribbons</i>
200g	400g	Potato <i>rinse & cut into wedges</i>
1	2	Burger Bun/s
30ml	60ml	Prego Sauce

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

- 1. WONDERFUL WEDGES** Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).
- 2. BUTTERY BUN** Halve the bun/s and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the bun, cut-side down, until golden, 1-2 minutes. Set aside.
- 3. O-YUM OSTRICH** Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich strips dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and season.
- 4. FOR THE FRESHNESS** Place the carrot into a bowl and toss with the cucumber, a drizzle of olive oil and seasoning. Set aside.
- 5. PERFECT BITE** Top the toasted bun/s with the dressed fresh veg and the seared ostrich strips. Drizzle over the prego sauce and the reserved pan juices. Close up the bun. Side with the potato wedges. Enjoy, Chef!