

Eat Within 4 Days

UCOOK

Harissa Ostrich Flatbreads

with tzatziki & walnuts

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Ronnie Melck Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	766kJ	3168kJ
Energy	183kcal	758kcal
Protein	11.2g	46.5g
Carbs	15g	61g
of which sugars	3g	12.3g
Fibre	1.8g	7.3g
Fat	8.2g	33.8g
of which saturated	1.4g	5.6g
Sodium	465mg	1923mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Free-range Ostrich Chunks
3	4	Spring Onions *rinse & roughly slice*
150ml	200ml	Pesto Princess Harissa Paste
120g	160g	Spinach *rinse*
3	4	Flatbreads
150ml	200ml	Tzatziki
30g	40g	Walnuts

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and roughly chop. When hot, fry the ostrich and the spring onions until lightly golden, 3-4 minutes (shifting occasionally). Add the harissa paste and 150ml [200ml] of water. Simmer until thick and saucy, 3-4 minutes. Mix in the spinach and simmer until wilted, 2-3 minutes. Remove from the heat and season.

2. FLATBREAD Place a clean pan over medium heat. When hot, toast the naan until golden, 1-2 minutes per side.

3. DINNER IS READY Arrange the flatbreads on a plate, top with the harissa-ostrich and small dollops of tzatziki. Sprinkle the walnuts over. Tuck in, Chef!

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