



UCOOK

BBQ Ostrich Rotis

with hummus, pickled radish & dried apricots


Superbly warmed rotis are slathered with hummus, stacked high with delicious succulent BBQ ostrich strips, and covered with zingy pickled carrot & radish. So easy, simple and utterly delicious!


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Ella Nasser

 Easy Peasy

 Anthonij Rupert | L'Ormarins Brut Classique
Rosé NV

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Ingredients & Prep

120g	Lentils <i>drained & rinsed</i>
45ml	Pickling Liquid <i>(30ml Red Wine Vinegar & 15ml Honey)</i>
150g	Julienne Carrot
40g	Radish <i>sliced into rounds</i>
40g	Dried Apricots <i>roughly chopped</i>
8	Whole Wheat Cocktail Rotis
300g	Free-range Ostrich Strips
20ml	NOMU BBQ Rub
100ml	Hummus
40g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tea Towel
Paper Towel

1. CRISPY LENTILS Preheat the oven to 180°C. Place the drained lentils on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 20-25 minutes until crispy.

2. IN A PICKLE In a small bowl, combine the pickling liquid, 10ml of warm water and some seasoning. Add in the julienne carrot, sliced radish and dried apricots. Toss until fully coated and set aside to pickle.

3. WARM ROTIS Place a pan over a medium heat. When hot, warm the rotis for about 30-60 seconds per side until heated through and lightly toasted. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds. Once heated, stack on a plate on top of one another and cover with a tea towel to keep warm.

4. FLAVOURFUL BBQ Pat the ostrich strips dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the ostrich for 5-6 minutes until browned and cooked through, shifting as it colours. In the final minute, toss the ostrich in the BBQ rub. Remove from the pan on completion and season. Drain the pickling liquid from the carrot mixture.

5. WRAP IT UP Stack the warm rotis on a plate, smear with the hummus and top with the green leaves and the flavourful BBQ ostrich. Scatter over the pickled veg and fresh green leaves. Sprinkle over the crispy lentils and serve any remaining filling on the side. Wrap up and enjoy!

Nutritional Information

Per 100g

Energy	658kJ
Energy	157Kcal
Protein	10.5g
Carbs	22g
of which sugars	7.3g
Fibre	4g
Fat	3.3g
of which saturated	0.8g
Sodium	327mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within
4 Days