

UCOOK

Fiery Sriracha & Ostrich Wraps

with mint-dressed cucumber

Cajun-spiced ostrich fillet slices are wrapped up in toasted tortillas, which are layered with a smear of sriracha mayo, refreshing mint-dressed cucumber with a kick of zingy lemon juice. It's never been so quick & easy to dive into a delicious dinner!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

Quick & Easy

Neil Ellis Wines | Neil Ellis The Left Bank
Cabernet Sauvignon Merlot

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Ingredients & Prep

50g	Cucumber <i>rinse & cut into half-moons</i>
5g	Fresh Mint <i>rinse, roughly chop ¼ & roughly slice ¾</i>
20g	Piquanté Peppers <i>drain</i>
15ml	Lemon Juice
150g	Free-range Ostrich Fillet
5ml	NOMU Cajun Rub
2	Wheat Flour Tortillas
75ml	Sriracha Mayo <i>(15ml Sriracha Sauce & 60ml Hellmann's Tangy Mayo)</i>
50g	Corn
20g	Sun-dried Tomatoes <i>roughly chop</i>
15g	Almonds

From Your Kitchen

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

1. MINTY CUCUMBERS In a bowl, combine the cucumber half-moons, the chopped mint, the drained piquanté peppers, the lemon juice (to taste), a drizzle of olive oil, and seasoning. Set aside.

2. OSTRICH FILLET Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

3. TOASTY WRAPS Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

4. TASTY TORTILLAS Smear some of the mayo over a tortilla and top with the corn and chopped tomatoes, the Cajun ostrich, and the minty-cucumber & peppers salad. Repeat with the remaining tortilla. Dollop over the remaining mayo and garnish with the almonds. Close them up and dig in!

Nutritional Information

Per 100g

Energy	940kJ
Energy	225kcal
Protein	9.4g
Carbs	16g
of which sugars	3.6g
Fibre	2.1g
Fat	13.5g
of which saturated	2.7g
Sodium	277mg

Allergens

Cow's Milk, Egg, Gluten, Allium,
Wheat, Sulphites, Tree Nuts

Eat
Within
4 Days