

# UCOOK

## Feel-good Ostrich Tacos

**with smoky chipotle chillies in adobo,  
crème fraîche & charred corn**

We're loco for these roti tacos! They're packed with chipotle-infused ostrich slices and charred corn & spring onion tossed with lemon & coriander. Finished off with a flourish of smoky adobo crème, herby chimichurri sauce & crispy onions. Best of all – they can be whipped up in no time!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Lauren Nel

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Adventurous Foodie

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Paardenkloof Wines | Paardenkloof "The Long Road" Shiraz

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## Ingredients & Prep

50g	Corn
1	Spring Onion <i>rinse &amp; thinly slice</i>
3g	Fresh Coriander <i>rinse &amp; roughly chop</i>
10ml	Lemon Juice
15g	Chipotle Chillies In Adobo
50ml	Crème Fraîche
160g	Free-range Ostrich Steak
4	Rotis
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
100g	Cucumber <i>rinse &amp; cut into half-moons</i>
30ml	Pesto Princess Chimichurri Sauce
10ml	Crispy Onion Bits

## From Your Kitchen

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

**1. A ZESTY START** Place a nonstick pan over high heat with a drizzle of oil. When hot, fry the corn until charred, 1-2 minutes (shifting occasionally). Add  $\frac{3}{4}$  of the sliced spring onion and a pinch of salt. Fry until lightly browned, 1-2 minutes (shifting regularly). Remove from the pan and place in a bowl with  $\frac{3}{4}$  of the chopped coriander. Add  $\frac{1}{2}$  the lemon juice (to taste), toss together, and set aside.

**2. ADOBO CRÈME** Roughly chop the chipotle in adobo and reserve the sauce. Season the crème fraîche and mix in the reserved adobo sauce (to taste). Set aside.

**3. SPICY CHIPOTLE OSTRICH** Return the pan to 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 chopped chipotles (to taste — they're hot!). Remove the ostrich from the pan, reserving the chipotles behind in the pan, and set aside to rest for 5 minutes before slicing and seasoning.

**4. FLIP THOSE ROTIS!** Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

**5. ASSEMBLE THE TACOS!** Smear some adobo crème on each roti. Load up with the shredded green leaves, the cucumber half-moons, and the charred corn. Top with the ostrich slices and the reserved chipotles from the pan, drizzle with the chimichurri, and garnish with the crispy onions, the remaining coriander, and the remaining spring onion. Finish off with a drizzle of the remaining lemon juice and fold up. Time to go to taco town!

## Nutritional Information

Per 100g

Energy	624kJ
Energy	149kcal
Protein	8.4g
Carbs	13g
of which sugars	3.3g
Fibre	1.4g
Fat	6.9g
of which saturated	2.6g
Sodium	223mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Soy, Cow's Milk

Eat  
Within  
3 Days