



UCOOK

Ostrich Goulash Flatbread

with homemade hummus & pickled onions

A very hands on dinner! Make your own flatbread and top it with crispy, fresh and delicious toppings. Crispy beans, ostrich goulash, and hummus. Finished off with pickled onions, green leaves and fresh parsley.

Hands-On Time: 50 minutes

Overall Time: 75 minutes

Serves: 4 People

Chef: Alex Levett

 Easy Peasy

 Fat Bastard | Rosé

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Ingredients & Prep

480g	Cannellini Beans <i>drained & rinsed</i>
60ml	White Wine Vinegar
1	Red Onion <i>peeled & finely sliced</i>
500ml	Self-raising Flour
2	Garlic Cloves <i>peeled & grated</i>
250ml	Greek Yoghurt
60ml	Tahini
15g	Fresh Parsley <i>rinsed & roughly chopped</i>
600g	Free-range Ostrich Goulash
40ml	NOMU Moroccan Rub
80g	Green Leaves <i>rinsed</i>
2	Tomatoes <i>roughly diced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap
Sugar/Sweetener/Honey
Blender
Paper Towel
Butter (optional)

1. ROAST & PICKLE Preheat the oven to 200°C. Place ½ the cannellini beans on a roasting tray, coat with some oil and season. Pop in the oven and roast for 15-20 until starting to crisp. In a bowl, add the vinegar, 4 tsp of a sweetener of choice, 60ml of water, and seasoning. Mix until the sweetener of choice is fully dissolved. Add the sliced onion, toss until fully coated, and set aside to pickle.

2. MAKE THE DOUGH Set aside 2 tbsp of flour. Place the rest in a bowl with a good pinch of salt and ½ the grated garlic. Using your hands, rub in 40ml of oil until it forms breadcrumbs. Mix in 140ml of yoghurt until combined into a sticky ball. If too dry, mix in water in 5ml increments until combined. Use ½ of the reserved flour to dust a flat surface. Place the dough on top and knead until smooth. Divide into 2-3 pieces per portion, and roll into balls. Cover with cling wrap and pop in the fridge.

3. YUMMUS HUMMUS In a blender, place the remaining cannellini beans, the tahini, the remaining garlic (to taste), the remaining yoghurt, seasoning, and 120ml of olive oil. Pulse until smooth. Add water in 5ml increments if it's too thick for your liking. On completion, add ½ the chopped parsley and mix until fully combined.

4. FLATBREAD FIESTA Spread the reserved flour across a flat surface. Place the dough balls on top and use a rolling pin to shape into flat discs of 10-12cm in diameter. Place a pan over a high heat with a small drizzle of oil or a knob of butter. When hot, cook the flatbreads one at a time for 2 minutes per side until heated through and lightly crisped. Remove from the pan on completion and allow to drain on paper towel.

5. CRISPY GOULASH Pat dry the ostrich with some paper towel and slice into small chunks. Return the pan to a high heat with a drizzle of oil. When hot, sear the ostrich pieces for 1-2 minutes until browned. You may need to do this in batches. In the final 1-2 minutes, lower the heat and baste the pieces with the rub. Remove from the heat and season to taste. Drain the pickling liquid from the onions.

6. TIME TO DINE! Lay down the toasty flatbreads. Smear with ½ the homemade cannellini hummus, and scatter over the pickled onions, the crispy beans and the juicy ostrich. Top with the rinsed green leaves, the diced tomato, and dollops of the remaining hummus. Garnish with the remaining parsley and serve any remaining fillings on the side. Tuck in!

Nutritional Information

Per 100g

Energy	475kJ
Energy	114Kcal
Protein	8g
Carbs	15g
of which sugars	1.8g
Fibre	2.3g
Fat	2.6g
of which saturated	0.7g
Sodium	128mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days