



UCOOK

Asado-Style Burritos

with gluten-free coconut wraps, salsa criolla & chimichurri

Clean eating was never so simple or delish! Soft coconut wraps burst with flavour: juicy, spiced ostrich, charred corn, jalapeño salsa, and fragrant chimichurri.

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Lauren Todd

♥ Health Nut

🍷 Robertson Winery | Sauvignon Blanc

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Ingredients & Prep

20ml	Coconut Yoghurt
15ml	White Wine Vinegar
1	Plum Tomato <i>rinsed & diced</i>
1	Onion <i>½ peeled & finely diced</i>
20g	Pickled Jalapeños <i>drained & roughly chopped</i>
75g	Corn
160g	Free-range Ostrich Steak
7,5ml	NOMU Mexican Spice Blend
2	Coconut Wraps
15ml	Pesto Princess Chimichurri
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. COCONUT YOG & SALSA CRIOLLA Season the yoghurt and set aside for serving. Place the white wine vinegar in a bowl with 1 tbsp of warm water. Add 1 tsp of a sweetener of choice and mix until dissolved. Toss through the diced tomatoes, the diced onion, and the chopped pickled jalapeños (to taste). Season to taste and set aside to marinate until serving.

2. CHAR THE CORN Place a nonstick pan over a high heat with a drizzle of oil. When hot, fry the corn for 3-4 minutes until charred, shifting occasionally. Remove from the pan on completion, cover to keep warm, and set aside for serving.

3. CARNE ASADA Return the pan to a high heat with another drizzle of oil. Pat the ostrich steak dry with some paper towel. When the pan is hot, fry the steak for 2-3 minutes in total, shifting and turning until browned all over and cooked to your preference. During the final 1-2 minutes, baste the steak with a knob of butter and the Mexican spice blend to taste. Remove from the heat on completion and allow to rest in the pan for 3-5 minutes before slicing.

4. TIME TO TOAST Place a clean, dry pan over a medium heat. When hot, dry toast the wraps one at a time for about 30 seconds per side until warmed through and lightly golden. Remove from the pan on completion.

5. BUILD-A-BURRITO Lie the toasted wraps out flat and smear over the yoghurt and chimichurri. In the centre, create a layer of rinsed green leaves, charred corn, and salsa criolla. Finally, top with the smoky ostrich slices. Fold it all up and use those hands to get stuck in!

Nutritional Information

Per 100g

Energy	498kJ
Energy	121Kcal
Protein	7.3g
Carbs	15g
of which sugars	4g
Fibre	4.4g
Fat	2.8g
of which saturated	1.5g
Sodium	214mg

Allergens

Allium, Sulphites

Cook
within 3
Days