



UCOOK

Ostrich & Cauli Tortillas

with yoghurt, coriander & spring onion

Mini tortillas are smeared with yoghurt before being topped with tender roasted cauliflower, juicy ostrich steak, avocado chunks, spring onion and a garnish of fresh fragrant coriander. Yummo!


Hands-On Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Boschendal | 1685 Shiraz

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Ingredients & Prep

200g	Cauliflower Florets <i>cut into bite-sized pieces</i>
10ml	NOMU Cajun Rub
4g	Fresh Coriander
1	Spring Onion
160g	Free-range Ostrich Steak
1	Avocado
4	Wheat Flour Tortillas
45ml	Low Fat Plain Yoghurt
2,5ml	Dried Chilli Flakes

From Your Kitchen

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

1. ROASTED CAULI Preheat the oven to 200°C. Spread out the cauliflower pieces on a roasting tray, coat in oil, the rub (to taste), and seasoning. Roast in the hot oven for 15-20 minutes until cooked through and starting to char, shifting halfway.

2. SOME PREP STEPS Rinse the coriander and spring onion. Pick the coriander and roughly slice the spring onion. Pat the ostrich dry with some paper towel and cut into small chunks. Halve the avocado and set aside the half containing the pip for another meal. Peel off the avocado skin on the half you are using, keeping the flesh intact. Cut the avocado flesh into small chunks, season, and set aside.

3. OVEN SESAME! When the cauliflower has 5-10 minutes remaining, place the tortillas on a separate baking tray in a single layer. Pop in the hot oven for 1-2 minutes until warmed through.

4. OSTRICH TIME Place a pan over high heat with a drizzle of oil. When hot, sear the ostrich chunks for 2-3 minutes until cooked through or to your preference, shifting as they colour. Season to taste.

5. TORTILLA TIME! Lay down the warm tortillas and smear on the yoghurt. Top with the roasted cauli, the ostrich chunks, and the avocado chunks. Sprinkle over the sliced spring onion, the chilli flakes (to taste), and the picked coriander. Wowzers, Chef!



Chef's Tip

To avoid the avocado chunks turning brown before serving, simply brush with some oil. If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

Nutritional Information

Per 100g

Energy	532kJ
Energy	127Kcal
Protein	7.6g
Carbs	12g
of which sugars	2g
Fibre	2.9g
Fat	5.6g
of which saturated	1.2g
Sodium	250.2mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within
4 Days