



UCOOK

Spanish-spiced Ostrich Roll

with a carrot, cucumber & feta salad


As delicious as it is quick, this one will have the whole fam licking their fingers, Chef! Ostrich strips are fried in a Spanish rub before being stuffed into a toasted bun and drizzled with prego sauce. Sided with a colourful salad featuring a simple vinaigrette.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Rhea Hsu

 *NEW Simple & Save

 Strandveld | First Sighting Shiraz

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Ingredients & Prep

40ml	Lemon Juice
240g	Carrot <i>rinsed & peeled into ribbons</i>
200g	Cucumber <i>cut into half-moons</i>
80g	Danish-style Feta <i>drained</i>
4	Burger Buns
600g	Ostrich Strips
20ml	NOMU Spanish Rub
80g	Salad Leaves <i>rinsed & roughly shredded</i>
125ml	Prego Sauce

From Your Kitchen

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

1. SIMPLE SALAD In a salad bowl, combine the lemon juice, a drizzle of olive oil, a sweetener, and seasoning. Just before serving, toss through the carrot ribbons, the cucumber half-moons, ½ of the shredded leaves, and the drained feta.

2. TOASTED BUN Halve the buns, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes. Set aside.

3. SPANISH OSTRICH Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich strips dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. You may need to do this step in batches. Remove from the pan, reserving any pan juices, and season.

4. ASSEMBLE! Top the toasted buns with the remaining leaves and the seared ostrich strips. Drizzle over the prego sauce and the reserved pan juices. Close up the buns. Side with the salad. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	435kj
Energy	104kcal
Protein	9g
Carbs	12g
of which sugars	3.2g
Fibre	1.3g
Fat	2.4g
of which saturated	1.1g
Sodium	217mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Soy

Cook
within
4 Days