



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: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Rhea Hsu

 *NEW Simple & Save

 Strandveld | First Sighting Shiraz

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Ingredients & Prep

10ml	Lemon Juice
120g	Carrot <i>½ rinsed & peeled into ribbons</i>
50g	Cucumber <i>cut into half-moons</i>
20g	Danish-style Feta <i>drained</i>
1	Burger Bun
150g	Ostrich Strips
5ml	NOMU Spanish Rub
20g	Salad Leaves <i>rinsed & roughly shredded</i>
30ml	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 bun, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the bun, 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. Remove from the pan, reserving any pan juices, and season.

4. ASSEMBLE! Top the toasted bun with the remaining leaves and the seared ostrich strips. Drizzle over the prego sauce and the reserved pan juices. Close up the bun. 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