



UCCOOK

Feel-good Ostrich Tacos

with smoky chipotle chillies in adobo & crème fraîche

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Lauren Nel

Wine Pairing: Delheim Wines | Delheim Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	572kJ	3170kJ
Energy	137kcal	758kcal
Protein	8.9g	49.3g
Carbs	12g	65g
of which sugars	2.9g	16.3g
Fibre	1.9g	10.5g
Fat	5.4g	30.2g
of which saturated	2.5g	13.7g
Sodium	213mg	1184mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

2	2	Spring Onions <i>rinse, trim & finely slice</i>
180g	240g	Red Kidney Beans <i>drain & rinse</i>
125ml	160ml	Tomato Salsa
8g	10g	Fresh Coriander <i>rinse & pick</i>
480g	640g	Free-range Ostrich Steak
12	16	Cocktail Rotis
30g	40g	Chipotle Chillies In Adobo <i>roughly chop</i>
150ml	200ml	Crème Fraîche
30ml	40ml	Lemon Juice
30g	40g	Green Leaves <i>rinse</i>
300g	400g	Cucumber <i>rinse & peel into ribbons</i>
15g	20g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. BEAN THERE, MADE THAT Place a pan over high heat with a drizzle of oil. When hot, fry $\frac{3}{4}$ of the spring onion until lightly browned, 1-2 minutes. Add the kidney beans, tomato salsa, and a splash of water. Cook until heated through, 3-4 minutes (shifting occasionally). Remove from the pan and place in a bowl with $\frac{3}{4}$ of the coriander.

2. O-YUM OSTRICH Return the pan used for the beans to medium-high heat with a drizzle of oil and a knob of butter. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

3. CREAMY CHILLIES & TOASTED ROTI Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds. In a small bowl, combine the chillies (to taste) with the crème fraîche, lemon juice (to taste) and seasoning.

4. TIME FOR TACOS! Smear some crème fraîche on each roti. Load up with the green leaves, the cucumber, and the beans. Top with the ostrich and garnish with the crispy onions, the remaining coriander and spring onion. Fold it all up, and it is time to go to taco town, Chef!