



# UCOOK

## Fiery Sriracha & Ostrich Wraps

**with mint-dressed cucumber**

Cajun-spiced ostrich fillet slices are wrapped up in toasted tortillas, which are layered with a smear of sriracha mayo, refreshing mint-dressed cucumber with a kick of zingy lemon juice. It's never been so quick & easy to dive into a delicious dinner!

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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Quick & Easy

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Neil Ellis Wines | Neil Ellis The Left Bank  
Cabernet Sauvignon Merlot

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## Ingredients & Prep

150g	Cucumber <i>rinse &amp; cut into half-moons</i>
15g	Fresh Mint <i>rinse, roughly chop ¼ &amp; roughly slice ¾</i>
60g	Piquanté Peppers <i>drain</i>
45ml	Lemon Juice
450g	Free-range Ostrich Fillet
15ml	NOMU Cajun Rub
6	Wheat Flour Tortillas
225ml	Sriracha Mayo <i>(45ml Sriracha Sauce &amp; 180ml Hellmann's Tangy Mayo)</i>
150g	Corn
60g	Sun-dried Tomatoes <i>roughly chop</i>
45g	Almonds

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Butter  
Seasoning (salt & pepper)

**1. MINTY CUCUMBERS** In a bowl, combine the cucumber half-moons, the chopped mint, the drained piquanté peppers, the lemon juice (to taste), a drizzle of olive oil, and seasoning. Set aside.

**2. OSTRICH FILLET** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**3. TOASTY WRAPS** Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

**4. TASTY TORTILLAS** Smear some of the mayo over a tortilla and top with the corn and chopped tomatoes, the Cajun ostrich, and the minty-cucumber & peppers salad. Repeat with the remaining tortilla. Dollop over the remaining mayo and garnish with the almonds. Close them up and dig in!

## Nutritional Information

Per 100g

Energy	940kJ
Energy	225kcal
Protein	9.4g
Carbs	16g
of which sugars	3.6g
Fibre	2.1g
Fat	13.5g
of which saturated	2.7g
Sodium	277mg

## Allergens

Cow's Milk, Egg, Gluten, Allium,  
Wheat, Sulphites, Tree Nuts

Eat  
Within  
4 Days