

UCCOOK

Grilled Ostrich Shawarma

with gherkins & yoghurt

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 3 & 4

Chef: Morgan Otten

Nutritional Info

	Per 100g	Per Portion
Energy	582kj	3461kj
Energy	139kcal	828kcal
Protein	9.2g	54.8g
Carbs	15g	89g
of which sugars	1.6g	9.4g
Fibre	2g	11.6g
Fat	4.4g	25.9g
of which saturated	1.4g	8.2g
Sodium	219mg	1301mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Free-range Ostrich Strips
37.5ml	50ml	Shawarma Spice <i>(7,5ml [10ml] Ground Paprika, 22,5ml [30ml] NOMU Moroccan Rub & 7,5ml [10ml] Dried Chilli Flakes)</i>
6	8	Pita Flatbreads
300ml	400ml	Greek Yoghurt
120g	160g	Gherkins <i>drain & roughly dice</i>
120g	160g	Green Leaves <i>rinse</i>
2	2	Tomatoes <i>rinse & slice 1½ [2] into half-moons</i>

From Your Kitchen

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

1. START THE SHAWARMA Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with a paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). In the final minute, baste with a knob of butter and the shawarma spice. Remove from the pan, set aside and season.

2. WARM PITA Place a clean pan over medium heat. When hot, toast the pitas until heated through, 30-40 seconds per side. Alternatively, place them on a plate and heat up in the microwave, 1-2 minutes per side.

3. TANGY, TASTY YOGHURT In a bowl, combine the yoghurt, gherkins, and seasoning.

4. SIMPLY SUPERB Load the toasted pitas with the green leaves, the tomato, the ostrich, and dollop over the tangy yoghurt. Wrap up, Chef!