

UCOOK

Cape Malay Ostrich Rotis

with almonds & sweet chutney

What do you get when you combine a uniquely South African meat with a traditionally Capetonian cuisine? A double whammy of authentic deliciousness, Chef! A toasted roti is smothered in a browned ostrich mince, dotted with silky onion and spiced with Malay curry paste & Mrs Balls Chutney. Finished with fresh greens, flaked almonds & a coriander crème.

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 1 Person

Chef: Jade Summers

Quick & Easy

Cathedral Cellar Wines | Cathedral Cellar-
Pinotage 2020

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Ingredients & Prep

150g	Free-range Ostrich Mince
1	Spring Onion <i>rinse, trim & finely slice</i>
10ml	Spice & All Things Nice Cape Malay Curry Paste
30ml	Mrs Balls Chutney
3g	Fresh Coriander <i>rinse & pick</i>
10ml	Lemon Juice
50ml	Crème Fraîche
4	Rotis
50g	Cucumber <i>rinse & cut into half-moons</i>
20g	Green Leaves <i>rinse</i>
10g	Almonds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. MMMMINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Add the sliced onion, and fry until the mince has browned, and the onions are soft, 3-4 minutes (shifting occasionally). Add the curry paste and fry until fragrant 1-2 minutes. Remove from the heat and mix through the chutney.

2. CORIANDER CREME While the mince and the onion are frying, combine the picked coriander, the lemon juice, and the crème fraîche in a mixing bowl. Loosen with a splash of water.

3. READY THE ROTIS Spread the rotis out on a plate in a single layer and heat up in the microwave, 30-60 seconds. Alternatively, place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side.

4. MOUTHWATERING MALAY MEAL Top each roti with malay mince, the cucumber half-moons, the rinsed leaves and the nuts. Drizzle over the crème. Enjoy, Chef!



Chef's Tip

Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	808kj
Energy	193kcal
Protein	9.6g
Carbs	17g
of which sugars	6.8g
Fibre	1.5g
Fat	9.6g
of which saturated	3.4g
Sodium	262mg

Allergens

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

Eat
Within
4 Days