



UCOOK

Ostrich Keema Roti

with a carrot & sultana sambal

Flavourful curried ostrich mince is simmered in a tomato-based sauce dotted with sweet peas before being wrapped up in toasted rotis and topped with a tangy carrot & sultana sambal. Served with fresh tzatziki for dunking.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jason Johnson

Fan Faves

Strandveld | Adamastor White Blend

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Ingredients & Prep

1	Onion <i>peel & finely dice</i>
35ml	Curry Paste <i>(20ml Spice & All Things Nice Tikka Curry Paste & 15ml Tomato Paste)</i>
150g	Free-range Ostrich Mince
200g	Cooked Chopped Tomato
10ml	Red Wine Vinegar
120g	Carrot <i>rinse, trim, peel & grate ½</i>
1	Tomato <i>rinse & roughly dice</i>
15g	Golden Sultanas
3g	Fresh Coriander <i>rinse & pick</i>
50g	Peas
2	Rotis
30ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. CURRY MINCE Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-6 minutes (shifting occasionally). Add the curry paste and fry until fragrant, 1-2 minutes (shifting constantly). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Pour in the cooked chopped tomato and 150ml of water. Simmer until thickened, 15-20 minutes (stirring occasionally).

2. CARROT SAMBAL In a salad bowl, combine the vinegar, a drizzle of olive oil, a sweetener (to taste), and seasoning. Toss through the grated carrot, the diced tomato, the sultanas, and ½ of the picked coriander. Set aside for serving.

3. ADD PEAS Once the mince mixture has reduced, stir through the peas. Add a sweetener (to taste) and seasoning.

4. TOAST THE ROTIS Place a clean pan over medium heat. When hot, toast each roti until warmed through, 1-2 minutes per side.

5. TIME TO EAT Lay out the rotis, add the curry mince to one side of each toasted roti, top with the carrot sambal and the remaining coriander, dollop over the tzatziki, and wrap them up!

Nutritional Information

Per 100g

Energy	450kJ
Energy	108kcal
Protein	5.7g
Carbs	14g
of which sugars	5.4g
Fibre	2.5g
Fat	2.7g
of which saturated	0.5g
Sodium	172mg

Allergens

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

Eat
Within
4 Days