



# UCCOOK

## Mini Saucy Ostrich Rotis

with cabbage & fresh coriander

Let's make a toast to toasted cocktail rotis, layered with a sweet & tangy tomato sauce that covers browned ostrich chunks, NOMU BBQ Rub, fried cabbage, and fresh coriander. That's a wrap, Chef!

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**Hands-on Time:** 35 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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 Simple & Save

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 Alvi's Drift | Signature Viognier

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## Ingredients & Prep

|      |                                                                |
|------|----------------------------------------------------------------|
| 450g | Ostrich Chunks                                                 |
| 2    | Onions<br><i>1½ peeled &amp; roughly sliced</i>                |
| 45ml | Tomato Paste                                                   |
| 45ml | Rub & Flour<br><i>(15ml Cornflour &amp; 30ml NOMU BBQ Rub)</i> |
| 9    | Rotis                                                          |
| 300g | Cabbage<br><i>rinsed &amp; thinly sliced</i>                   |
| 30ml | Lemon Juice                                                    |
| 8g   | Fresh Coriander<br><i>rinsed, picked &amp; roughly chopped</i> |

## From Your Kitchen

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

**1. BROWN OSTRICH** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and cut into small pieces. When hot, sear the ostrich until browned but not cooked through, 30-60 seconds (shifting occasionally). Remove from the pan. Season and set aside.

**2. COOK THE SAUCE** Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion until soft, 4-5 minutes. Add the tomato paste and the rub & flour. Fry until fragrant, 3-4 minutes. Stir in 400ml of water. Simmer until thickened, 8-10 minutes. In the final 1-2 minutes, mix in the browned ostrich pieces. Add a sweetener and season. Remove from the heat.

**3. TOAST** 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.

**4. CABBAGE** Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced cabbage until slightly wilted, 1-2 minutes. Pour over the lemon juice (to taste). Season and remove from the pan.

**5. IT'S THAT TIME** Lay down the toasted rotis, top with the cabbage and the saucy ostrich, and sprinkle over the chopped coriander. Wrap them up and enjoy!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 456kj   |
| Energy             | 109kcal |
| Protein            | 9g      |
| Carbs              | 13g     |
| of which sugars    | 4.1g    |
| Fibre              | 1.7g    |
| Fat                | 2.2g    |
| of which saturated | 0.5g    |
| Sodium             | 229mg   |

## Allergens

Gluten, Dairy, Allium, Wheat, Soy

Cook  
within  
4 Days