



# QCOOK

## North African Ostrich Ciabattini

with potato fries & avocado hummus

**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Estate Merlot

### Nutritional Info

	Per 100g	Per Portion
Energy	626kj	3211kj
Energy	150kcal	768kcal
Protein	9.2g	47.5g
Carbs	18g	94g
of which sugars	1.5g	7.7g
Fibre	2.4g	12.3g
Fat	4.5g	23g
of which saturated	0.7g	3.4g
Sodium	154mg	818mg

**Allergens:** Gluten, Wheat, Cow's Milk, Soya, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel (optional) &amp; cut into 1cm thick fries</i>
7,5ml	15ml	NOMU Moroccan Rub
150g	300g	Free-range Ostrich Chunks
1	2	Ciabattini Roll/s
50ml	100ml	Avocado Hummus
20g	40g	Green Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (Salt & Pepper)  
Water  
Butter  
Paper Towel

**1. POTATO FRIES** Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat generously in oil, ½ the NOMU rub, and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

**2. OSTRICH** When the potato has 5-10 minutes to go, place a pan over high heat with a drizzle of oil and a knob of butter. Pat the ostrich dry with paper towel, coat in the remaining NOMU rub, and season. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan, reserving the pan juices.

**3. BUN** Halve the ciabattini roll/s, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the bun/s, cut-side down, until golden, 1-2 minutes.

**4. SOME PREP** Loosen the avocado hummus with a splash of water.

**5. O-YUM OSTRICH BUN** Smear the hummus on the bottom roll/s, top with the green leaves, the ostrich, and the pan juices. Cover with the top roll/s and serve alongside the potato fries. Enjoy, Chef!