



# UCOOK

## BBQ Ostrich Rotis

**with hummus, pickled radish & dried apricots**

Superbly warmed rotis are slathered with hummus, stacked high with delicious succulent BBQ ostrich strips, and covered with zingy pickled carrot & radish. So easy, simple and utterly delicious!

---

**Hands-On Time:** 15 minutes

**Overall Time:** 30 minutes

---

**Serves:** 1 Person

---

**Chef:** Ella Nasser

---

 Easy Peasy

---

 Anthonij Rupert | L'Ormarins Brut Classique  
Rosé NV

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

|        |                                                                     |
|--------|---------------------------------------------------------------------|
| 60g    | Lentils<br><i>drained &amp; rinsed</i>                              |
| 22,5ml | Pickling Liquid<br><i>(15ml Red Wine Vinegar &amp; 7,5ml Honey)</i> |
| 75g    | Julienne Carrot                                                     |
| 20g    | Radish<br><i>sliced into rounds</i>                                 |
| 20g    | Dried Apricots<br><i>roughly chopped</i>                            |
| 4      | Whole Wheat Cocktail Rotis                                          |
| 150g   | Free-range Ostrich Strips                                           |
| 10ml   | NOMU BBQ Rub                                                        |
| 50ml   | Hummus                                                              |
| 20g    | Green Leaves<br><i>rinsed</i>                                       |

## From Your Kitchen

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

**1. CRISPY LENTILS** Preheat the oven to 180°C. Place the drained lentils on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 20-25 minutes until crispy.

**2. IN A PICKLE** In a small bowl, combine the pickling liquid, 5ml of warm water and some seasoning. Add in the julienne carrot, sliced radish and dried apricots. Toss until fully coated and set aside to pickle.

**3. WARM ROTIS** Place a pan over a medium heat. When hot, warm the rotis for about 30-60 seconds per side until heated through and lightly toasted. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds. Once heated, stack on a plate on top of one another and cover with a tea towel to keep warm.

**4. FLAVOURFUL BBQ** Pat the ostrich strips dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the ostrich for 4-5 minutes until browned and cooked through, shifting as it colours. In the final minute, toss the ostrich in the BBQ rub. Remove from the pan on completion and season. Drain the pickling liquid from the carrot mixture.

**5. WRAP IT UP** Stack the warm rotis on a plate, smear with the hummus and top with the green leaves and the flavourful BBQ ostrich. Scatter over the pickled veg and fresh green leaves. Sprinkle over the crispy lentils and serve any remaining filling on the side. Wrap up and enjoy!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 658kJ   |
| Energy             | 157Kcal |
| Protein            | 10.5g   |
| Carbs              | 22g     |
| of which sugars    | 7.3g    |
| Fibre              | 4g      |
| Fat                | 3.3g    |
| of which saturated | 0.8g    |
| Sodium             | 327mg   |

## Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Soy

Cook  
within  
4 Days