



UCOOK

Crispy Ostrich Samosas

with a side salad & Mrs Ball's chutney

These popular fried South Asian pastries get a South African twist with a filling of ostrich mince, loaded with onions, garlic, pops of sultanas, yoghurt & coriander. These flavour-filled wrappers are then sided with a refreshing cucumber & tomato salad and a creamy Mrs Ball's chutney dip to make it extra crave-worthy.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Adventurous Foodie

 No paired wines

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Ingredients & Prep

1	Onion <i>½ peeled & finely diced</i>
150g	Free-range Ostrich Mince
10ml	NOMU Indian Rub
1	Garlic Clove <i>peeled & grated</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
50ml	Low Fat Plain Yoghurt
7	Samosa Wrappers
1	Lemon <i>cut into wedges</i>
80g	Baby Tomatoes <i>halved</i>
100g	Cucumber <i>peeled into ribbons</i>
10g	Golden Sultanas <i>roughly chopped</i>
30ml	Mrs Ball's Chutney

From Your Kitchen

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

1. FIRST, THE FILLING Place a pan over medium-high heat with a drizzle of oil. When hot, fry the diced onion until soft, 3-4 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-6 minutes (shifting occasionally). In the final minute, add a knob of butter, the NOMU rub, ½ the chopped sultanas, and the grated garlic.

2. FLAVOURFUL FILLING When the mince is done, remove the pan from the heat. Stir through ½ the chopped coriander, ½ the yoghurt, and seasoning. Ready a bowl of water. Place a heaped tablespoon of the yoghurt-mince filling into the centre of each samosa wrapper. Use your finger to brush water on to the edges of the wrappers. Fold each wrapper into a triangle and tightly press the edges to seal the filling inside.

3. SIMPLE SALAD In a salad bowl, combine a squeeze of lemon juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the halved baby tomatoes, the cucumber ribbons, and the remaining sultanas.

4. GOLDEN SAMOSAS Return the pan, wiped down, to medium heat with enough oil to cover the base. When hot, fry the filled samosas until golden, 1-2 minutes per side. Drain on paper towel.

5. CHUTNEY DIP In a small bowl, combine the remaining yoghurt and the chutney. Season and set aside.

6. WRAP IT UP Plate up the ostrich mince samosas. Side with the cucumber & tomato salad and the chutney yoghurt for dunking. Garnish with the remaining coriander. Serve with any remaining lemon wedges. Gorgeous work, Chef!

Nutritional Information

Per 100g

Energy	424kJ
Energy	101kcal
Protein	6.6g
Carbs	12g
of which sugars	5.6g
Fibre	1.3g
Fat	2.7g
of which saturated	0.7g
Sodium	156mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within
4 Days