



U C O O K

— COOKING MADE EASY

BBQ Ostrich Tacos

with hummus, dried apricots & warm rotis

Bask in the warm flavours of the desert with these Karoo-inspired tacos: soft rotis overflowing with strips of BBQ-spiced, free-range ostrich. Layered with dried apricots, rocket, pickled radish, and a tangy hummus dressing.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Lauren Todd

 **Easy Peasy**

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Ingredients & Prep

20g	Radish <i>rinsed & sliced into thin rounds</i>
22.5ml	Pickling Liquid <i>(15ml Red Wine Vinegar & 7.5ml Honey)</i>
60g	Lentils <i>drained & rinsed</i>
4	Whole Wheat Cocktail Rotis
150g	Free-Range Ostrich Strips
10ml	NOMU BBQ Rub
50ml	Hummus
20g	Green Leaves <i>rinsed</i>
75g	Julienne Carrot
20g	Dried Apricots <i>roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)

1. A RUBY RED PICKLE Place the sliced radish and pickling liquid in a bowl. Toss to coat and set aside to pickle.

2. CRISPY BITS Place a pan (that has a lid) over a medium-high heat with a drizzle of oil. When hot, toast the drained lentils for 6-8 minutes until crispy. For the best results, only shift occasionally. On completion, season and remove the pan from the heat. Cover with the lid and set aside for serving.

3. WARM THE ROTIS When the lentils are crispy, place a clean, dry pan over a medium heat. When hot, warm the rotis for about 1 minute per side until heated through and lightly toasted. Alternatively, spread them out on a plate in a single layer and warm up in the microwave for 30-60 seconds. Once heated, stack on a plate and cover with a tea towel to keep warm.

4. SPICED OSTRICH STRIPS Return the pan to a high heat with a drizzle of oil. When hot, fry the ostrich strips for 2-3 minutes until browned but not cooked through, shifting occasionally. Stir in the BBQ Rub to taste and a knob of butter (optional). Fry for a further 2-3 minutes until cooked through and crisping up, shifting occasionally. Remove from the heat on completion.

5. HUMMUS DRESSING Drain the pickled radish, reserving the liquid. Place the hummus in a bowl and mix in the reserved pickling liquid in 5ml increments until drizzling consistency, tasting as you go. Season to taste.

6. GET ROLLIN' Lay out the golden rotis and load with the rinsed green leaves, julienne carrot, pickled radish, and BBQ ostrich strips. Sprinkle over the chopped apricots and crispy lentils and complete with splatters of hummus dressing. Roll up and eat up!



Chef's Tip

Radishes are high in vitamin C and zinc, giving these little veggies powerful antiviral properties. Vitamin C not only boosts the immune system, but also attacks a virus before it can proliferate. Add raw radish to salads for peppery flavour, crunch, and bug-fighting benefits!

Nutritional Information

Per 100g

Energy	649kJ
Energy	155Kcal
Protein	10.5g
Carbs	22g
of which sugars	7.4g
Fibre	4g
Fat	3.2g
of which saturated	0.7g
Sodium	319mg

Allergens

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

Cook
within
4 Days