



# UCOOK

## Speedy Ostrich Rotis

**with chipotle, flaked almonds & kidney beans**

We're loco for these mini roti tacos! They're packed with chipotle-infused ostrich, charred corn, kidney beans and spring onion, tossed with lemon and coriander, creamy cottage cheese, and toasted almonds. Best of all, they can be whipped up in no time at all! Due to seasonality, we've had to sub the limes for lemons but don't fret, there's no skimping on flavour!

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**Hands-On Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People

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**Chef:** Lauren Todd

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 Easy Peasy

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 Haute Cabrière | Pinot Noir Réserve

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## Ingredients & Prep

30g	Flaked Almonds
150ml	Cottage Cheese
150g	Corn <i>drained</i>
180g	Red Kidney Beans <i>drained &amp; rinsed</i>
3	Spring Onions <i>finely sliced, keeping the white and green parts separate</i>
12g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>
2	Lemons <i>1½ zested &amp; cut into wedges</i>
12	Whole Wheat Cocktail Roti
450g	Free-range Ostrich Stroganoff
80g	Chipotle in Adobo Sauce <i>drained &amp; roughly chopped</i>
60g	Green Leaves <i>rinsed</i>

## From Your Kitchen

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

**1. ALMONDS & DRESSING** Place a large pan over a medium heat. When hot, toast the flaked almonds for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool. Loosen the cottage cheese with water in 5ml increments until drizzling consistency and season.

**2. CHARRED & ZESTY** Return the pan to a high heat with a drizzle of oil. When hot add the drained corn and fry for 2-3 minutes until the corn is browning. Add the kidney beans and cook until warmed through. Add the white spring onion slices and a pinch of salt, and sauté for 1-2 minutes until lightly browned. On completion, transfer to a bowl with  $\frac{3}{4}$  of the chopped coriander. Toss through some lemon juice and zest to taste. Cover to keep warm.

**3. ROTI TIME** Place a clean, dry pan over a medium heat. When hot, warm the rotis for 30-60 seconds per side until heated through and lightly toasted. As you go, stack them on a plate and cover with a tea towel to keep warm. Alternatively, spread out on a plate in a single layer and heat in the microwave for 30-60 seconds.

**4. SPICY** Pat the ostrich dry with paper towel and roughly chop into bite-sized pieces. Return the nonstick pan to a high heat with another drizzle of oil. When hot, sear the ostrich for 1-2 minutes until browned but not cooked through. Fry in batches. Add the chopped chipotles to taste (be careful, they're hot!) and fry for a further 1-2 minutes, shifting regularly. On completion, the ostrich should be cooked medium-rare. Remove from the heat and season to taste. Set aside to rest in the pan for a few minutes before serving.

**5. LOCO FOR TACO** Smear some cottage cheese on each roti. Load up with the rinsed green leaves, the charred corn and beans, and the smoky ostrich. Garnish with the toasted almonds, remaining coriander, green spring onion slices, and any remaining lemon zest. Finish with a squeeze of lemon juice and fold them over. It's taco time!

## Nutritional Information

Per 100g

Energy	606kJ
Energy	145Kcal
Protein	11g
Carbs	16g
of which sugars	3.4g
Fibre	3.2g
Fat	3.9g
of which saturated	0.9g
Sodium	232mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Tree Nuts, Soy

Cook  
within  
4 Days