

# UCOOK

## Spicy Sriracha & Ostrich Wraps

with chive-dressed cucumber

Cajun-spiced ostrich strips are wrapped up in toasted tortillas, which are layered with a smear of sriracha mayo, refreshing chive-dressed cucumber with a kick of zesty lemon juice, and fresh greens. It's never been so quick & easy to dive into a delicious dinner!

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People


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**Chef:** Megan Bure

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 Quick & Easy

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 Bertha Wines | Bertha Sauvignon Blanc 2023

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## Ingredients & Prep

150g	Cucumber <i>rinse &amp; cut into half-moons</i>
8g	Fresh Chives <i>rinse &amp; finely chop</i>
60g	Piquanté Peppers <i>drain</i>
45ml	Lemon Juice
45g	Almonds
150g	Corn
60g	Sun-dried Tomatoes <i>roughly chop</i>
450g	Free-range Ostrich Strips
15ml	NOMU Cajun Rub
6	Wholewheat Tortillas
2 units	Sriracha Mayo
60g	Green Leaves <i> rinsed</i>

## From Your Kitchen

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

**1. CHIVE CUCUMBERS** In a bowl, combine the cucumber half-moons, ½ the chopped chives, the drained piquanté peppers, the lemon juice (to taste), a drizzle of olive oil, and seasoning. Set aside.

**2. ALL THE ALMONDS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CHARRED CORN & TOMATOES** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn and the chopped tomatoes until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

**4. BROWNED OSTRICH** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Baste the ostrich with a knob of butter and the NOMU rub. Remove from the pan and season. You may need to do this step in batches.

**5. TOASTY WRAPS** Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

**6. TASTY TORTILLAS** Smear some of the mayo over a tortilla and top with the rinsed leaves. Top with the charred corn & tomato, the cajun ostrich, and the chive-dressed cucumber & peppers. Repeat with the remaining tortillas. Dollop over the remaining mayo and garnish with the remaining fresh chives and toasted almonds. Close them up and dig in!

## Nutritional Information

Per 100g

Energy	901kJ
Energy	215kcal
Protein	9.2g
Carbs	16g
of which sugars	4g
Fibre	2.5g
Fat	12.7g
of which saturated	2.4g
Sodium	288mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Tree Nuts, Cow's Milk

Cook  
within 3  
Days