



# UCOOK

## Ostrich Shawarma

with hummus, sweet potato & warm pita bread

Healthy and deliciously easy to make! Lean ostrich steak, sweet potato, pickled cucumber, and hummus, all tucked into a yummy pita – dig in.

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Ella Nasser

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 Easy Peasy

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 Robertson Winery | Extra Light Merlot

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## Ingredients & Prep

250g	Sweet Potato <i>rinsed, trimmed &amp; cut into thin wedges</i>
1	Garlic Clove <i>peeled &amp; grated</i>
1	Red Onion <i>peeled &amp; ¾ cut into wedges &amp; ¼ thinly sliced</i>
100g	Cucumber <i>diced</i>
1	Plum Tomato <i>diced</i>
4g	Fresh Mint <i>rinsed, picked &amp; finely sliced</i>
10ml	White Wine Vinegar
50ml	Hummus
160g	Free-range Ostrich Steak
15ml	Herb & Seed Mix <i>(5ml Dried Oregano &amp; 10ml White Sesame Seeds)</i>
1	Pita Bread <i>defrosted</i>
30ml	Tzatziki

## From Your Kitchen

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

**1. ROASTED GOLDEN VEG** Preheat the oven to 200°C. Evenly spread the sweet potato wedges, garlic clove, and onion wedges on an oven tray. Drizzle with oil, seasoning and toss to coat. Roast in the hot oven for about 25-30 minutes until the sweet potatoes are cooked through and the onions are golden.

**2. SALSA & DRIZZLE** In a bowl, combine the diced cucumber, diced tomato, sliced onion, ¾ of the sliced mint, and white wine vinegar. Set aside to pickle. In a small bowl, loosen the hummus with water in 5ml increments until drizzling consistency.

**3. HERB & SEED CRUSTED STEAK** When the sweet potato has 15 minutes remaining, squeeze out the flesh from the roasted garlic and roughly chop. Toss through the roasting vegetables. Place a pan over a medium heat with a drizzle of oil. Pat the ostrich steaks dry with some paper towel. When the pan is hot, fry the steaks for 2-3 minutes per side, until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) In the final 1-2 minutes, use a knob of butter (optional) and the herb & seed mix to baste the steaks. Remove from the pan on completion and rest for 5 minutes before thinly slicing. Lightly season the slices.

**4. FLUFFY WARM PITA BREAD** Return the pan, wiped down, to a medium heat. When hot, warm the pitas for about 30-60 seconds per side until heated through and lightly toasted. Alternatively, pop them on a plate and heat up in the microwave for 30-60 seconds.

**5. PITA TIME!** Smear the tzatziki in the pita. Fill with the cucumber salsa, and top with the juicy steak slices. Drizzle over the loosened hummus and serve the roast on the side drizzled with any remaining hummus. Garnish with the remaining mint and there you have it!

## Nutritional Information

Per 100g

Energy	389kJ
Energy	93Kcal
Protein	7.5g
Carbs	10g
of which sugars	3.2g
Fibre	2g
Fat	2.6g
of which saturated	0.6g
Sodium	101mg

## Allergens

Gluten, Allium, Sesame, Wheat, Sulphites

Cook  
within  
4 Days