



UCCOOK

Feel-good Ostrich Tacos

with smoky chipotle chillies in adobo & crème fraîche

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Lauren Nel

Wine Pairing: Muratie Wine Estate | Muratie Martin Melch Cabernet Sauvignon

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 599kJ | 3074kJ |
| Energy | 143kcal | 735kcal |
| Protein | 9.1g | 46.4g |
| Carbs | 13g | 66g |
| of which sugars | 2.9g | 14.9g |
| Fibre | 1.9g | 9.8g |
| Fat | 5.8g | 29.9g |
| of which saturated | 2.7g | 13.6g |
| Sodium | 171mg | 877mg |

Allergens: Cow's Milk, Soya, Gluten, Allium, Wheat, Sulphites

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 1 | 2 | Spring Onion/s <i>rinse, trim & finely slice</i> |
| 60g | 120g | Red Kidney Beans <i>drain & rinse</i> |
| 3g | 5g | Fresh Coriander <i>rinse & pick</i> |
| 10ml | 20ml | Lemon Juice |
| 150g | 300g | Free-range Ostrich Fillet |
| 4 | 8 | Cocktail Rotis |
| 10g | 20g | Chipotle Chillies In Adobo <i>roughly chop</i> |
| 50ml | 100ml | Crème Fraîche |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 100g | 200g | Cucumber <i>rinse & cut into half-moons</i> |
| 5g | 10g | Crispy Onion Bits |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. BEAN THERE, MADE THAT Place a pan over high heat with a drizzle of oil. When hot, fry $\frac{3}{4}$ of the spring onion until lightly browned, 1-2 minutes (shifting regularly). Add the kidney beans and fry until heated through, 2-3 minutes (shifting occasionally). Remove from the pan and place in a bowl with $\frac{3}{4}$ of the coriander. Add the lemon juice (to taste) and set aside for serving.

2. O-YUM OSTRICH Return the pan used for the beans to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

3. CREAMY CHILLIES & TOASTED ROTI Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds. In a small bowl, combine the chillies (to taste) with the crème fraîche and seasoning.

4. TIME FOR TACOS! Smear some crème fraîche on each roti. Load up with the salad leaves, the cucumber, and the lemony beans. Top with the ostrich and garnish with the crispy onions, the remaining coriander and spring onion. Fold it all up, and it is time to go to taco town, Chef!