



# UCOOK

## Ostrich Keema Roti

with a carrot & sultana sambal

Flavourful curried ostrich mince is simmered in a tomato-based sauce dotted with sweet peas before being wrapped up in toasted rotis and topped with a tangy carrot & sultana sambal. Served with fresh tzatziki for dunking.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Jason Johnson

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Fan Faves

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Strandveld | Adamastor White Blend

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## Ingredients & Prep

1	Onion <i>peel &amp; finely dice</i>
70ml	Curry Paste <i>(40ml Spice &amp; All Things Nice Tikka Curry Paste &amp; 30ml Tomato Paste)</i>
300g	Free-range Ostrich Mince
400g	Cooked Chopped Tomato
20ml	Red Wine Vinegar
120g	Carrot <i>rinse, trim, peel &amp; grate</i>
1	Tomato <i>rinse &amp; roughly dice</i>
30g	Golden Sultanas
5g	Fresh Coriander <i>rinse &amp; pick</i>
100g	Peas
4	Rotis
60ml	Tzatziki

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. CURRY MINCE** Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 5-7 minutes (shifting occasionally). Add the curry paste and fry until fragrant, 1-2 minutes (shifting constantly). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Pour in the cooked chopped tomato and 300ml of water. Simmer until thickened, 15-20 minutes (stirring occasionally).

**2. CARROT SAMBAL** In a salad bowl, combine the vinegar, a drizzle of olive oil, a sweetener (to taste), and seasoning. Toss through the grated carrot, the diced tomato, the sultanas, and ½ of the picked coriander. Set aside for serving.

**3. ADD PEAS** Once the mince mixture has reduced, stir through the peas. Add a sweetener (to taste) and seasoning.

**4. TOAST THE ROTIS** Place a clean pan over medium heat. When hot, toast each roti until warmed through, 1-2 minutes per side.

**5. TIME TO EAT** Lay out the rotis, add the curry mince to one side of each toasted roti, top with the carrot sambal and the remaining coriander, dollop over the tzatziki, and wrap them up!

## Nutritional Information

Per 100g

Energy	450kJ
Energy	108kcal
Protein	5.7g
Carbs	14g
of which sugars	5.4g
Fibre	2.5g
Fat	2.7g
of which saturated	0.5g
Sodium	172mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Soy, Cow's Milk

Eat  
Within  
4 Days