



# UCOOK

## Asado-Style Burritos

with gluten-free coconut wraps, salsa criolla & chimichurri

Clean eating was never so simple or delish! Soft coconut wraps burst with flavour: juicy, spiced ostrich, charred corn, jalapeño salsa, and fragrant chimichurri.

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**Hands-On Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Lauren Todd

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♥ Health Nut

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🍷 Robertson Winery | Sauvignon Blanc

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## Ingredients & Prep

40ml	Coconut Yoghurt
30ml	White Wine Vinegar
1	Plum Tomato <i>rinsed &amp; diced</i>
1	Onion <i>peeled &amp; finely diced</i>
40g	Pickled Jalapeños <i>drained &amp; roughly chopped</i>
150g	Corn
320g	Free-range Ostrich Steak
15ml	NOMU Mexican Spice Blend
4	Coconut Wraps
30ml	Pesto Princess Chimichurri
40g	Green Leaves <i>rinsed</i>

## From Your Kitchen

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

**1. COCONUT YOG & SALSA CRIOLLA** Season the yoghurt and set aside for serving. Place the white wine vinegar in a bowl with 2 tbsp of warm water. Add 2 tsp of a sweetener of choice and mix until dissolved. Toss through the diced tomatoes, the diced onion, and the chopped pickled jalapeños (to taste). Season to taste and set aside to marinate until serving.

**2. CHAR THE CORN** Place a nonstick pan over a high heat with a drizzle of oil. When hot, fry the corn for 4-5 minutes until charred, shifting occasionally. Remove from the pan on completion, cover to keep warm, and set aside for serving.

**3. CARNE ASADA** Return the pan to a high heat with another drizzle of oil. Pat the ostrich steak dry with some paper towel. When the pan is hot, fry the steaks for 2-3 minutes in total, shifting and turning until browned all over and cooked to your preference. During the final 1-2 minutes, baste the steaks with a knob of butter and the Mexican spice blend to taste. Remove from the heat on completion and allow to rest in the pan for 3-5 minutes before slicing.

**4. TIME TO TOAST** Place a clean, dry pan over a medium heat. When hot, dry toast the wraps one at a time for about 30 seconds per side until warmed through and lightly golden. Remove from the pan on completion.

**5. BUILD-A-BURRITO** Lie the toasted wraps out flat and smear over the yoghurt and chimichurri. In the centre, create a layer of rinsed green leaves, charred corn, and salsa criolla. Finally, top with the smoky ostrich slices. Fold it all up and use those hands to get stuck in!

## Nutritional Information

Per 100g

Energy	498kj
Energy	121Kcal
Protein	7.3g
Carbs	15g
of which sugars	4g
Fibre	4.4g
Fat	2.8g
of which saturated	1.5g
Sodium	214mg

## Allergens

Allium, Sulphites

Cook  
within 3  
Days