



UCOOK

Spanish-spiced Ostrich Roll

with golden potato wedges

A toasted burger bun is layered with ribbons of crunchy carrot, cooling cucumber, and browned ostrich, covered in a delicious prego sauce. Sided with golden potato wedges for a simple but super satisfying meal.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Rhea Hsu

Simple & Save

Cathedral Cellar Wines | Cathedral Cellar-Chardonnay

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

400g	Potato <i>rinse & cut into wedges</i>
2	Burger Buns
300g	Ostrich Strips
10ml	NOMU Spanish Rub
120g	Carrot <i>rinse & peel into ribbons</i>
100g	Cucumber <i>rinse & roughly dice</i>
60ml	Prego Sauce

From Your Kitchen

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

1. WONDERFUL WEDGES Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. BUTTERY BUN Halve the buns, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the bun, cut-side down, until golden, 1-2 minutes. Set aside.

3. O-YUM OSTRICH Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich strips dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and season.

4. FOR THE FRESHNESS Place the carrot ribbons into a bowl and toss with the diced cucumber, a drizzle of olive oil and seasoning. Set aside.

5. PERFECT BITE Top the toasted buns with the dressed fresh veg and the seared ostrich strips. Drizzle over the prego sauce and the reserved pan juices. Close up the bun. Side with the potato wedges. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the potato wedges in oil and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	455kj
Energy	109kcal
Protein	6.9g
Carbs	15g
of which sugars	2.3g
Fibre	1.7g
Fat	2.3g
of which saturated	0.6g
Sodium	237mg

Allergens

Cow's Milk, Egg, Gluten, Allium,
Sesame, Wheat, Soy

Eat
Within
4 Days