

Loaded Chicken Mince Tortilla Bake

with fresh coriander, piquanté peppers & sour cream

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Nitída | Riesling

Nutritional Info	Per 100g	Per Portion
Energy	608kJ	4332kJ
Energy	146kcal	1036kcal
Protein	8g	57.2g
Carbs	13g	96g
of which sugars	3g	21.5g
Fibre	1.8g	13.2g
Fat	6.5g	46.3g
of which saturated	3.2g	22.9g
Sodium	272mg	1933mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion *peel & roughly dice ½ [1]*
1	1	Garlic Clove *peel & grate*
20g	40g	Piquanté Peppers *drain*
10ml	20ml	NOMU Taco Mex Mix
150g	300g	Free-range Chicken Mince
100g	200g	Cooked Chopped Tomato
60g	120g	Black Beans *drain & rinse*
2	4	Wheat Flour Tortillas
60g	120g	Grated Mozzarella & Cheddar Cheese
50ml	100ml	Sour Cream
3g	5g	Fresh Coriander *rinse & pick*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey

1. FRY FOR FLAVOUR Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the garlic, the peppers, and the NOMU rub, and fry until fragrant, 1-2 minutes (shifting constantly).

2. MAKE THE MINCE When the garlic is fragrant, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 [4-5] minutes (shifting occasionally). Add the cooked chopped tomato and 100ml [150ml] of water. Simmer until slightly reduced, 6-7 minutes (shifting occasionally).

3. TOR-TILLA WORTH IT! When the mixture has reduced, add the black beans, seasoning, and a sweetener (to taste). Pour ½ the mixture into an ovenproof dish (large enough for the tortillas). Top the mixture with 1 [2] of the tortilla/s and then pour over the remaining mixture. Top with the remaining tortilla/s. Sprinkle over the cheese. Bake in the hot oven until the cheese is golden, 7-8 minutes (watching closely so it doesn't burn).

4. LASAGNA WITH A NEW LOOK Plate up the beef tortilla bake. Dollop over the sour cream and sprinkle over the coriander. It's a fiesta, Chef!

Chef's Tip Tortillas have been a staple of Mexican cuisine for thousands of years! In this bake, they take the place of lasagne sheets, soaking up all the delicious Mexican-inspired flavours.