



# UCOOK

## Mexican Ostrich Tortilla Bake

**with fresh coriander, piquanté peppers & sour cream**

It's all the familiar tastes of a classic lasagne but with a mmmouthwatering Mexican twist. Swap out the lasagne sheets for tortillas, the beef mince for ostrich, and add some black beans and spice. Finish with a dollop of sour cream and fresh coriander. Time for a flavour fiesta, Chef!

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**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Thea Richter

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 Fan Faves

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 Vergelegen | Reserve Merlot

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## Ingredients & Prep

1	Onion <i>½ peeled &amp; roughly diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
20g	Piquanté Peppers <i>drained &amp; roughly chopped</i>
10ml	NOMU Mexican Spice Blend
150g	Free-range Ostrich Mince
100g	Cooked Chopped Tomato
60g	Black Beans <i>drained &amp; rinsed</i>
2	Wheat Flour Tortillas
40g	Grated Mozzarella & Cheddar Mix
30ml	Sour Cream
3g	Fresh Coriander <i>rinsed &amp; picked</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
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 diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic, the chopped peppers, and the NOMU spice blend 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 minutes (shifting occasionally). Add the cooked chopped tomato and 100ml of water. Simmer until slightly reduced, 6-7 minutes (shifting occasionally).

**3. TOR-TILLA WORTH IT!** When the mixture has reduced, add the drained black beans, seasoning, and a sweetener. Pour ½ the mixture into a cake tin (that fits the tortillas). Alternatively, if you don't have a cake tin, use an ovenproof dish and cut the tortillas to fit the tray. Top the mixture with 1 of the tortillas and then pour over the remaining mixture. Top with the remaining tortilla. Sprinkle over the grated 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 ostrich tortilla bake. Dollop over the sour cream and sprinkle over the picked coriander. It's a fiesta, Chef!

## Nutritional Information

Per 100g

Energy	587kJ
Energy	140kcal
Protein	9.4g
Carbs	14g
of which sugars	3.5g
Fibre	1.8g
Fat	5.1g
of which saturated	2.3g
Sodium	317mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days