



UCOOK

Zucchini & Ostrich Enchiladas

with corn, black beans & mozzarella cheese

We're saying 'nada' to tortillas in this carb-free enchilada recipe. Break through the oozy melted cheese that covers layers of corn, black beans, charred zucchini, and butter-basted ostrich, covered in a rich tomato sauce and aromatic Mexican spices. Finished with a sour cream drizzle and a kick of jalapeños.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Stellenzicht | Tristone Cabernet Sauvignon

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Ingredients & Prep

150g	Free-range Ostrich Chunks
150g	Zucchini <i>rinsed, trimmed & thinly sliced lengthways</i>
1	Onion <i>½ peeled & roughly diced</i>
40g	Corn
10ml	Mexican Spice
100g	Cooked Chopped Tomato
120g	Black Beans <i>drained & rinsed</i>
50g	Grated Mozzarella Cheese
30ml	Sour Cream
10g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>

From Your Kitchen

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

1. BROWN THE OSTRICH Preheat the oven to 200°C. Place a pan over medium-high heat with a drizzle of oil and a knob of butter. Pat the ostrich dry with paper towel and cut into small pieces. When hot, sear the ostrich until browned, 30-60 seconds (shifting occasionally). Remove from the pan, season, and set aside.

2. CHARRED ZUCCHINI Return the pan to high heat with a drizzle of oil (if necessary). When hot, fry the zucchini slices until lightly charred, 30-60 seconds per side. Remove from the pan and set aside.

3. ENCHILADA BASE Return the pan to medium heat with a drizzle of oil (if necessary). When hot, fry the diced onion and the corn until lightly golden, 4-5 minutes. Add the Mexican spice and fry until fragrant, 1-2 minutes.

4. ENCHILADA SAUCE Add the cooked chopped tomato and 100ml of water to the pan. Simmer until thickening, 10-12 minutes. Add a sweetener and seasoning, and remove from the heat. Mix through the drained beans and the browned ostrich.

5. ZUCCHINI ENCHILADAS Pour the ostrich mixture into a deep ovenproof dish or roasting tray, and cover with the charred zucchini slices. Sprinkle over the grated cheese and pop in the hot oven. Roast until the cheese is melted and turning golden, 6-8 minutes.

6. SOME PREP In a small bowl, combine the sour cream with a splash of water and seasoning.

7. DINNER IS READY Plate up the cheesy zucchini goodness, sprinkle over the chopped jalapeños, and dollop over the sour cream. Good job, Chef!

Nutritional Information

Per 100g

Energy	364kJ
Energy	87kcal
Protein	7.6g
Carbs	7g
of which sugars	2.7g
Fibre	1.7g
Fat	3.1g
of which saturated	1.6g
Sodium	169mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days