



UCOOK

Cheese-crusted Ostrich Enchiladas

with saucy black bean ragù, corn salsa & crème fraîche

This ready-in-4-steps Mexican comfort food dish is sure to be a real crowd-pleaser. Spiced ostrich and black bean ragù are wrapped up inside a flour tortilla, smothered in cheese, and baked until crispy and golden. Topped with a charred corn & jalapeño salsa and crème fraîche. Speedy and yum!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Alex Levett

 Fan Faves

 Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

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Ingredients & Prep

5ml	Beef Stock
1	Onion <i>½ peeled & finely diced</i>
10ml	NOMU Mexican Spice Blend
100g	Cooked Chopped Tomato
50g	Corn
20g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>
150g	Free-range Ostrich Strips
60g	Black Beans <i>drained & rinsed</i>
2	Wheat Flour Tortillas
40g	Grated Mozzarella Cheese
40ml	Crème Fraîche

From Your Kitchen

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

1. TEX-MEX RAGÙ Preheat the oven to 200°C. Boil the kettle. Dilute the stock with 50ml of boiling water and set aside. Place a pot over medium heat with a drizzle of oil. When hot, sauté the diced onion until soft and translucent, 3-4 minutes (shifting occasionally). Mix in the spice blend until fragrant, 1-2 minutes. Stir in the cooked chopped tomato and the diluted stock, then reduce the heat. Simmer until reduced and thickened, 10-12 minutes (stirring occasionally).

2. SPICY CORN SALSA & CRÈME Place a pan over high heat with a drizzle of oil. When hot, fry the corn until charred, 3-4 minutes (shifting occasionally). Transfer to a bowl, and add the chopped jalapeños (to taste). Toss to combine, season, and set aside.

3. OSTRICH STRIPS Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season.

4. ROLL 'EM UP When the ragù has 2 minutes remaining, stir through the drained black beans to heat through, remove from the pot, and season. Grease a roasting tray or ovenproof dish with butter (optional) or oil. Spread the ragù evenly over the tortillas and top with the ostrich strips. Roll each one up into a tube. Place on the tray or dish and top with the grated cheese. Bake in the hot oven until crisping up and golden, 4-5 minutes.

5. TIME TO DINE Plate up the cheesy ostrich enchiladas and sprinkle over the corn and jalapeño salsa. Dollop over the crème fraîche. Tuck in!

Nutritional Information

Per 100g

Energy	620kj
Energy	148kcal
Protein	8.8g
Carbs	14g
of which sugars	3.3g
Fibre	1.8g
Fat	6g
of which saturated	3.1g
Sodium	296mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days