



# 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:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People


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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

2	Onions <i>1½ peeled &amp; roughly diced</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
60g	Piquanté Peppers <i>drained &amp; roughly chopped</i>
30ml	NOMU Mexican Spice Blend
450g	Free-range Ostrich Mince
300g	Cooked Chopped Tomato
180g	Black Beans <i>drained &amp; rinsed</i>
6	Wheat Flour Tortillas
120g	Grated Mozzarella & Cheddar Mix
90ml	Sour Cream
8g	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, 6-7 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, 4-5 minutes (shifting occasionally). Add the cooked chopped tomato and 200ml of water. Simmer until slightly reduced, 7-8 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 an ovenproof dish, large enough to fit 2 tortillas side-by-side. Top the mixture with 2 of the tortillas, side-by-side, and then pour over some of the mixture. Layer the bake until all the tortillas and all the mixture has been used. Sprinkle over the grated cheese. Bake in the hot oven until the cheese is golden, 8-10 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