



UCOOK

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!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Thea Richter

Fan Faves

 Cathedral Cellar Wines | Cathedral Cellar-
Cabernet Sauvignon 2021

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Ingredients & Prep

1	Onion <i>peel & roughly dice</i>
1	Garlic Clove <i>peel & grate</i>
40g	Piquanté Peppers <i>drain</i>
20ml	NOMU Mexican Spice Blend
300g	Free-range Ostrich Mince
200g	Cooked Chopped Tomato
120g	Black Beans <i>drain & rinse</i>
4	Wheat Flour Tortillas
80g	Grated Mozzarella & Cheddar Cheese
60ml	Sour Cream
5g	Fresh Coriander <i>rinse & pick</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 drained 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 150ml 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 (to taste). 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 the remaining mixture. Top with the remaining tortillas. 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	649kJ
Energy	155kcal
Protein	9.3g
Carbs	15g
of which sugars	2.9g
Fibre	1.9g
Fat	6.3g
of which saturated	2.9g
Sodium	302mg

Allergens

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

Eat
Within
4 Days