



# UCOOK

## One-Pan Mexican Ostrich & Cauliflower

with charred corn & spicy sour cream

Are your taste buds ready for some mmmouthwatering Mexican food? They better be, because soon you will be enjoying a loaded caramelised mince dish, layered with a kick of Mexican spice, tangy tomato passata, and melted cheddar cheese. To balance the richness, finish the dish with dollops of jalapeño-infused sour cream.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Carb Conscious

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 Strandveld | Grenache

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## Ingredients & Prep

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600g	Cauliflower Florets <i>rinse &amp; cut into bite-sized pieces</i>
200g	Corn
600g	Free-range Ostrich Mince
2	Onions <i>peel &amp; finely slice</i>
480g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
2	Garlic Cloves <i>peel &amp; grate</i>
40ml	Mexican Spice
400ml	Tomato Passata
160g	Cheddar Cheese <i>grate</i>
200ml	Sour Cream
40g	Sliced Pickled Jalapeños <i>drain &amp; roughly chop</i>
2	Spring Onions <i>rinse, trim &amp; finely slice</i>

## From Your Kitchen

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

**1. CHAR CAULI & CORN** Place a deep pan over medium-high heat with a drizzle of oil. When hot, fry the cauliflower pieces and the corn until charred, 6-8 minutes (shifting occasionally). Remove from the pan.

**2. COOK THE MINCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally).

**3. COOK THE SAUCE** Add the sliced onion and the carrot pieces to the pan. Fry until the onion is soft, 5-6 minutes. Add the grated garlic and the Mexican spice, and fry until fragrant, 1-2 minutes. Pour in the tomato passata and 400ml of water. Simmer until reduced and thickening, 12-15 minutes. Add the charred cauli & corn and a sweetener (to taste), and mix to combine. Season and sprinkle over the grated cheese. Cook until the cheese is melted, 3-4 minutes.

**4. SOME PREP** In a small bowl, combine the sour cream, the chopped jalapeños (to taste), and seasoning.

**5. DINNER IS READY** Dollop the sour cream over the one-pan Mexican cauliflower & ostrich and garnish with the spring onion.

## Nutritional Information

Per 100g

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Energy	414kj
Energy	99kcal
Protein	6.5g
Carbs	7g
of which sugars	3.2g
Fibre	1.6g
Fat	4.8g
of which saturated	2g
Sodium	97mg

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## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
3 Days