



UCOOK

Mexican Ostrich Fillet Wraps

with a sour cream sauce, black beans & pickled jalapeños

Tortilla wraps are loaded with tender ostrich fillet slices, a guacamole & sour cream sauce, black beans, and lots more mouthwatering flavours. It's a Mexican fiesta, Chef!

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Thea Richter

 Fan Faves

 Stellenzicht | Tristone Cabernet Sauvignon

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Ingredients & Prep

180g	Black Beans <i>drained & rinsed</i>
30g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>
45ml	Lemon Juice
60ml	Sour Cream
120g	Guacamole
12g	Fresh Coriander <i>rinsed & roughly chopped</i>
450g	Free-range Ostrich Fillet
22,5ml	NOMU Mexican Spice Blend
6	Wheat Flour Tortillas
60g	Green Leaves <i>rinsed & finely shredded</i>
90g	Grated Cheddar & Mozzarella Cheese

From Your Kitchen

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

1. NICE & SPICY MIX In a small bowl, combine the rinsed black beans, the chopped jalapeños (to taste), ½ the lemon juice (to taste), a sweetener, and seasoning. Set aside.

2. GUAC YOUR WORLD In another bowl, combine the sour cream, the guacamole, the remaining lemon juice (to taste), ½ the chopped coriander, and seasoning. Set aside.

3. EXCELLENT OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the NOMU spice blend. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. TOR-TALLY TERRIFIC Return the pan, wiped down, to medium heat. Add a tortilla and top half with some of the guacamole sauce, some of the shredded leaves, some of the black bean mixture, some of the fillet slices, some of the reserved pan juices, some of the grated cheese, and seasoning. Be careful when portioning the ingredients so there are enough fillings for all the tortillas. Fold over the other side of the wrap to create a half-moon. Carefully flip and toast, 2-3 minutes. Repeat with the remaining tortillas.

5. THAT LOOKS GOOD! Plate up the ostrich wraps. Sprinkle over the remaining coriander. Serve with any remaining guacamole sauce. Go for it, Chef!

Nutritional Information

Per 100g

Energy	717kJ
Energy	171kcal
Protein	11.5g
Carbs	15g
of which sugars	2.3g
Fibre	2g
Fat	7.4g
of which saturated	2.9g
Sodium	334mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 2
Days