



UCOOK

Vergelegen's Mexican Beef Flatbread

with fresh coriander, piquante peppers & fresh chilli

A beautifully baked flatbread is topped with a smear of rich, sweet tomato, melted cheese, caramelised Mexican beef mince & peppers. Finished with a welcome dollop of guacamole & sour cream, plus chilli for kick. Time to dine!


Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Vergelegen Winery

 Quick & Easy

 Vergelegen | Reserve Merlot

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Ingredients & Prep

100ml	Tomato Passata
150g	Free-range Beef Mince
10ml	NOMU Mexican Spice Blend
1	Flatbread
40g	Grated Mozzarella Cheese
25g	Piquante Peppers <i>drained & roughly chopped</i>
40g	Guacamole
40ml	Sour Cream
1	Fresh Chilli <i>trimmed, de-seeded & finely sliced</i>
4g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

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

1. TURN UP THE HEAT Preheat the oven to 200°C. In a bowl, combine the tomato passata, salt, pepper, and a sweetener.

2. MMMINCE Place a pan over high heat with a drizzle of oil. When hot, add the mince. Work quickly to break it up as it starts to cook. Caramelize until browned, 4-5 minutes (shifting occasionally). In the final minute, add the NOMU spice blend. Season.

3. IT'S A GO FOR MEXICO Place the flatbread on a baking tray. Evenly smear with the tomato mix. Sprinkle over the grated cheese and top with the Mexican mince and the chopped piquante peppers. Place in the hot oven and bake until the cheese is melted, 7-8 minutes.

4. PASS THE PIZZA! Dollop the guacamole and the sour cream over the flatbread. Sprinkle over the sliced chilli (to taste) and the picked coriander. Slice up and enjoy, Chef!

Nutritional Information

Per 100g

Energy	799kJ
Energy	191kcal
Protein	8.9g
Carbs	13g
of which sugars	3.3g
Fibre	1.4g
Fat	11.3g
of which saturated	4.5g
Sodium	313mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days