



UCCOOK

Mexican-style Ostrich Mince Fiesta

with diced avocado & corn nachos


You're not going to wanna share this plate of nachos, Chef! Free-range ostrich mince is smothered in Mexican spices & tomato sauce. Poured over a pile of crunchy corn nachos, then topped with homemade cheese sauce, avocado cubes, and a baby tomato & pickled jalapeño salsa.


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jason Johnson

 Adventurous Foodie

 Vergelegen | Reserve Merlot

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Ingredients & Prep

150g	Free-range Ostrich Mince
1	Onion <i>½ peeled & finely diced</i>
10ml	Mexican Spice
100ml	Cooked Chopped Tomato
10ml	Cornflour
125ml	Low Fat Fresh Milk
50g	Cheddar Cheese <i>grated</i>
1	Avocado
80g	Baby Tomatoes <i>rinsed & roughly chopped</i>
15g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>
3g	Fresh Coriander <i>rinsed, picked & finely chopped</i>
80g	Corn Nachos

From Your Kitchen

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

1. FRY THE OSTRICH MINCE Place a pan over medium-high 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, 3-4 minutes (shifting occasionally).

2. ADD SOME TOMATO Add $\frac{3}{4}$ of the diced onion and fry until soft, 3-4 minutes. Add the Mexican spice and fry until fragrant, 1-2 minutes. Pour in the cooked chopped tomato and 150ml of water. Simmer until reduced and thickened, 12-15 minutes. Add a sweetener and seasoning. Remove from the heat.

3. CHEESE SAUCE Place a small pot over medium heat with 10g of butter. Once melted, vigorously mix in the cornflour to form the roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk, stirring continuously to prevent lumps. Once the milk is incorporated, mix in the grated cheese until melted. Season and remove from the heat. Add a splash of water or milk (from your kitchen) if the sauce is too thick.

4. SALSA STEP Halve the avocado and set aside half for another meal. Peel off the avocado skin. Roughly dice and season. Set aside. In a small bowl, combine the chopped tomatoes, the chopped jalapeño (to taste), the remaining onions (to taste), the chopped coriander, and seasoning.

5. TIME TO FEAST Make a bed of the nachos or serve on the side for dunking. Lay down the saucy ostrich mince, drizzle over the cheese sauce, and scatter over the avocado and the tomato salsa. Well done, Chef!

Nutritional Information

Per 100g

Energy	623kJ
Energy	149kcal
Protein	7g
Carbs	11g
of which sugars	2.8g
Fibre	2.5g
Fat	8.6g
of which saturated	2.3g
Sodium	205mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days