



# QCOOK

## Sweet Potato Fiesta & Ostrich Mince

with loaded sour cream

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Groote Post Winery | Groote Post Old Man's Blend Red Blend

Nutritional Info	Per 100g	Per Portion
Energy	341kJ	3040kJ
Energy	81kcal	726kcal
Protein	4.6g	41.1g
Carbs	8.9g	79.6g
of which sugars	3.6g	31.7g
Fibre	1.6g	14.1g
Fat	2.8g	24.6g
of which saturated	1g	8.6g
Sodium	94.5mg	842.6mg

**Allergens:** Cow's Milk, Allium

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
600g	800g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
150g	200g	Corn
450g	600g	Free-range Ostrich Mince
2	2	Onions <i>peel &amp; roughly slice 1½ [2]</i>
60ml	80ml	Tomato Paste
45ml	60ml	NOMU Mexican Spice Blend
150ml	200ml	Sour Cream
2	2	Bell Peppers <i>rinse, deseed &amp; finely dice 1½ [2]</i>
30ml	40ml	Lime Juice

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey

**1. ROAST** Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. CHARRED CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. OSTRICH MINCE** Return the pan to 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).

**4. SOME FLAVOUR** Add the onions to the mince and fry until lightly golden, 6-8 minutes. Add the tomato paste, NOMU rub, and fry until fragrant, 2-3 minutes. Mix in 150ml [200ml] of water. Simmer until thickened, 4-6 minutes. Remove from the heat, mix in sweetener (to taste), and season.

**5. JUST BEFORE SERVING** In a bowl, combine the sour cream, peppers, lime juice, corn, a splash of water, and seasoning.

**6. TIME TO DINE** Make a bed of the roast, top with the mince, and finish with dollops of sour cream mixture. Dig in, Chef!