



UCCOOK

Cheesy Pork Enchiladas

with corn salsa & black beans

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Paul Cluver | Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	695.1kJ	5132kJ
Energy	166.3kcal	1227.7kcal
Protein	7.5g	55.4g
Carbs	13.6g	100.7g
of which sugars	2.9g	21.3g
Fibre	1.9g	14.1g
Fat	8.6g	63.6g
of which saturated	4g	29.2g
Sodium	246.3mg	1818.4mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Hot

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
60g	120g	Corn
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
3g	5g	Fresh Chives <i>rinse & finely slice</i>
150g	300g	Pork Mince
1	1	Onion <i>peel & finely dice ½ [1]</i>
15ml	30ml	NOMU Mexican Spice Blend
100ml	200ml	Tomato Passata
60g	120g	Black Beans <i>drain & rinse</i>
2	4	Wheat Flour Tortillas
50g	100g	Grated Mozzarella & Cheddar Cheese
50ml	100ml	Sour Cream

From Your Kitchen

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

1. SPICY CORN SALSA Preheat the oven to 200°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until charred, 4-5 minutes (shifting occasionally). Remove from the pan, mix with the jalapeños (to taste) and the chives. Toss to combine, season, and set aside.

2. PORK 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).

3. TEXI-MEXI RAGÙ Add the onion to the mince and fry until soft and lightly golden, 4-5 minutes (shifting occasionally). Add the spice blend and fry until fragrant, 1-2 minutes. Stir in the tomato passata, and 100ml [200ml] of water. Simmer until reduced and thickened, 10-12 minutes (stirring occasionally). In the final 3-4 minutes, mix in the beans. Remove from heat, add a sweetener (to taste) and seasoning.

4. ROLL 'EM UP Grease a roasting tray or ovenproof dish with a knob of butter or oil. Spread the mince ragù evenly over the tortillas and roll each one up into a tube. Place on the tray or dish and top with the cheese. Bake in the hot oven until crisping up and golden, 4-5 minutes.

5. TIME TO DINE Plate up the cheesy pork enchiladas and sprinkle over the corn and jalapeño salsa. Finish with dollops of the sour cream. Tuck in, Chef!