



# UCOOK

## Baked Cheesy Potato & Ostrich Con Carne

with sour cream & pickled jalapeños

This dish is a delicious & hearty meal that will leave you feeling satisfied. It features a baked potato loaded with cheesy goodness, and ostrich mince pumped up with a flavourful carne sauce and red kidney beans. Top it all off with slices of pickled jalapeño and dollops of cooling sour cream and you've got a dish that is sure to please!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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Fan Faves

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 Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

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## Ingredients & Prep

200g	Potato <i>rinse &amp; cut in half lengthways</i>
40g	Grated Cheddar Cheese
15ml	Red Wine Vinegar
1	Onion <i>peel, finely slice ¼ &amp; roughly dice ¼</i>
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
150g	Free-range Ostrich Mince
10ml	NOMU Mexican Spice Blend
200ml	Tomato Passata
60g	Kidney Beans <i>drain &amp; rinse</i>
10g	Sliced Pickled Jalapeños <i>drain &amp; roughly slice</i>
40ml	Sour Cream
3g	Fresh Coriander <i>rinse &amp; roughly chop</i>

## From Your Kitchen

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

**1. YOU SAY POTAYTO, I SAY POTAHTO** Preheat the oven to 220°C. Line a baking tray with tinfoil and lightly grease. Add the halved potato, cut-side up. Coat in oil and season. Bake in the hot oven until the flesh is soft and the skin is crispy, 30-35 minutes. In the final 5 minutes, sprinkle over the grated cheese.

**2. ZINGY SALAD** In a bowl, combine the vinegar, 5ml of sweetener, and 15ml of water. Add the sliced onion, toss until coated, and set aside to pickle. Just before serving, drain the pickling liquid, and toss the pickled onion with the rinsed salad leaves, a drizzle of olive oil, and seasoning.

**3. IT'S MINCE, MATE** Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 3-4 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Caramelize until browned, 5-6 minutes (shifting occasionally).

**4. FLAVA FLAV** When the mince has browned, add the NOMU rub and fry until fragrant, 1-2 minutes (shifting occasionally). Add the tomato passata and 100ml of water. Bring to a boil, reduce the heat, and simmer until the sauce has reduced and thickened, 10-12 minutes (stirring occasionally). In the final 3-5 minutes, add the drained beans. Stir through a sweetener and seasoning.

**5. GRAB A HEARTY HELPING** Plate up the cheesy baked potato. Sprinkle over the chopped jalapeño (to taste) and serve alongside the ostrich con carne. Dollop over the sour cream and serve the fresh salad on the side. Garnish with the chopped coriander. Dig in, Chef!



## Chef's Tip

If you have an air fryer, why not use it to cook the potatoes? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 20-30 minutes or until cooked through and crispy.

## Nutritional Information

Per 100g

Energy	431kJ
Energy	103kcal
Protein	6.9g
Carbs	8g
of which sugars	2.6g
Fibre	1.8g
Fat	4.3g
of which saturated	1.8g
Sodium	93mg

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
3 Days