



# UCCOOK

## Cheesy Pork Enchiladas

with corn salsa & black beans

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Paul Cluver | Sauvignon Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 705kJ    | 5273kJ      |
| Energy             | 169kcal  | 1261kcal    |
| Protein            | 7.7g     | 57.6g       |
| Carbs              | 13g      | 101g        |
| of which sugars    | 2.9g     | 21.6g       |
| Fibre              | 1.9g     | 14.1g       |
| Fat                | 8.9g     | 66.3g       |
| of which saturated | 4.1g     | 30.8g       |
| Sodium             | 249mg    | 1861mg      |

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

**Spice Level:** Mild

Eat Within 1 Day

## Ingredients & Prep Actions:

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

## From Your Kitchen

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

**1. 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 (optional) 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 NOMU spice blend (to taste) 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 salsa. Finish with dollops of the sour cream. Tuck in, Chef!