



QCOOK

Cheesy Ostrich Enchiladas

with corn salsa & black beans

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Family Range Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	614kJ	4516kJ
Energy	147kcal	1080kcal
Protein	8.2g	60.3g
Carbs	14g	101g
of which sugars	2.9g	21.3g
Fibre	1.9g	14.1g
Fat	6.1g	44.8g
of which saturated	2.8g	20.7g
Sodium	251mg	1842mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peeled & finely diced</i>
30ml	40ml	NOMU Mexican Spice Blend
300g	400g	Cooked Chopped Tomato
15ml	20ml	Beef Stock
150g	200g	Corn
30g	40g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>
12g	15g	Fresh Coriander <i>rinsed & roughly chopped</i>
450g	600g	Free-range Ostrich Fillet
180g	240g	Black Beans <i>drained & rinsed</i>
120g	160g	Grated Mozzarella & Cheddar Cheese
6	8	Wheat Flour Tortillas
90ml	120ml	Crème Fraîche

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, 6-8 minutes (shifting occasionally). Remove from the pan, mix with the jalapeños (to taste), season, and set aside.

2. 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, 5-6 minutes (shifting occasionally).

3. TEXI-MEXI RAGÙ Add the onions 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 300ml [400ml] of water. Simmer until reduced and thickened, 15-20 minutes (stirring occasionally). In the final 5-6 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, 5-6 minutes.

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

Chef's Tip