

UCOOK

Mexi-Ostrich Burrito Bowl

with sauteed kale, charred corn & coriander pesto

This dairy-free one bowl wonder is packed with flavour and ease. Fill up on a tomato and BBQ based sauce speckled with charred corn kernels and tender beans. Ostrich stroganoff spiced with flavours of Mexico tops it all off. A final drizzle of coriander pesto and shards of spring onion and BAM! There you have it.

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Megan Bure

♥ Health Nut

🍷 Haute Cabrière | von Arnim Family Reserve

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

150g	Kale <i>rinsed & roughly shredded</i>
2	Lemons <i>1½ zested & cut into wedges</i>
450g	Free-range Ostrich Stroganoff
22,5ml	NOMU Mexican Spice Blend
150g	Corn <i>drained</i>
180g	Red Kidney Beans <i>drained & rinsed</i>
180g	Cannellini Beans <i>drained & rinsed</i>
45ml	Coriander Pesto
2	Onions <i>1½ peeled & finely diced</i>
3	Garlic Cloves <i>peeled & grated</i>
300g	Cooked Chopped Tomato
85ml	Carb Smart BBQ Sauce
3	Spring Onions <i>rinsed & thinly sliced</i>

From Your Kitchen

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

1. DO A TANGY TANGO Place the shredded kale, a squeeze of lemon juice and seasoning in a bowl with a drizzle of oil. Using your hands, gently massage until softened and coated in oil. Place a large pan over a medium heat. When hot, sauté the kale for 3-5 minutes until wilted. Remove from the pan and return to the bowl - squeeze over more lemon juice for extra tartness! Cover with a plate and set aside to keep warm.

2. MEXI BIRD Wipe down the pan if necessary and return it to a high heat with another drizzle of oil. When hot, add the ostrich stroganoff and brown for 1-2 minutes, shifting occasionally. You may have to do this step in batches. On completion, add the Mexican spice blend to the stroganoff and fry for another 1-2 minutes until fragrant and browned. Remove from the pan, season, and set aside.

3. CHARRED VEG Return the pan once again, over a high heat with a drizzle of oil. When hot, fry the drained corn for 3-4 minutes until charred, shifting occasionally. Add the drained beans and fry for 1-2 minutes until heated through. Remove from the pan on completion and set aside. In a small bowl, loosen the coriander pesto with a drizzle of oil.

4. SAUCY SAUCY Return the pan, wiping down if necessary, over a medium heat with a drizzle of oil. When hot, fry the diced onion for 6-8 minutes until soft and translucent, shifting occasionally. Add in the grated garlic and fry for a further minute, shifting constantly, until fragrant. Pour in the cooked chopped tomato and stir to combine. Simmer for 12-15 minutes until reduced and thickened. In the final 1-2 minutes, add the BBQ sauce, the charred corn and beans, and stir through until reheated. On completion, season to taste and add a sweetener of choice (optional). Remove the pan from the heat.

5. MEMORABLE FLAVOURS INCOMING Dish up a helping of the corn and bean tomato sauce and side with the tangy sautéed kale. Top with the Mexican spiced ostrich and drizzle over the coriander pesto. Garnish with the sliced spring onions. Serve any remaining lemon wedges on the side. Well done, Chef!



Chef's Tip

For our bodies to fully absorb the nutrients provided by kale, it needs to either be cooked or massaged in an acid like lemon juice or vinegar. This makes its wondrous benefits available to us!

Nutritional Information

Per 100g

Energy	387kJ
Energy	93Kcal
Protein	7.4g
Carbs	9g
of which sugars	2.4g
Fibre	2.6g
Fat	2.2g
of which saturated	0.4g
Sodium	225mg

Allergens

Allium, Sulphites, Sugar Alcohol (Xylitol), Tree Nuts

Cook
within
4 Days