



# UCOOK

## Ostrich Tortilla Bake

**with fresh coriander, piquanté peppers & sour cream**

It's all the familiar tastes of a classic lasagne but with a mmmouthwatering Mexican twist. Swap out the lasagne sheets for tortillas, the beef mince for ostrich, and add some black beans and spice. Finish with a dollop of sour cream and fresh coriander. Time for a flavour fiesta, Chef!

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**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People


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**Chef:** Thea Richter

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Fan Faves

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 Cathedral Cellar Wines | Cathedral Cellar-  
Cabernet Sauvignon 2021

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## Ingredients & Prep

2	Onions <i>peel &amp; roughly dice 1½</i>
2	Garlic Cloves <i>peel &amp; grate</i>
60g	Piquanté Peppers <i>drain</i>
30ml	NOMU Mexican Spice Blend
450g	Free-range Ostrich Mince
300g	Cooked Chopped Tomato
180g	Black Beans <i>drain &amp; rinse</i>
6	Wheat Flour Tortillas
120g	Grated Mozzarella & Cheddar Cheese
90ml	Sour Cream
8g	Fresh Coriander <i>rinse &amp; pick</i>

## From Your Kitchen

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

**1. FRY FOR FLAVOUR** Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 6-7 minutes (shifting occasionally). Add the grated garlic, the drained peppers, and the NOMU spice blend, and fry until fragrant, 1-2 minutes (shifting constantly).

**2. MAKE THE MINCE** When the garlic is fragrant, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the cooked chopped tomato and 200ml of water. Simmer until slightly reduced, 7-8 minutes (shifting occasionally).

**3. TOR-TILLA WORTH IT!** When the mixture has reduced, add the drained black beans, seasoning, and a sweetener (to taste). Pour ⅓ of the mixture into an ovenproof dish (large enough to fit 2 tortillas side-by-side). Top the mixture with 2 of the tortillas, side-by-side. Repeat with the remaining mixture and tortillas, finishing with the last 2 tortillas on top. Sprinkle over the grated cheese. Bake in the hot oven until the cheese is golden, 8-10 minutes (watching closely so it doesn't burn).

**4. LASAGNA WITH A NEW LOOK** Plate up the ostrich tortilla bake. Dollop over the sour cream and sprinkle over the picked coriander. It's a fiesta, Chef!

## Nutritional Information

Per 100g

Energy	649kJ
Energy	155kcal
Protein	9.3g
Carbs	15g
of which sugars	2.9g
Fibre	1.9g
Fat	6.3g
of which saturated	2.9g
Sodium	302mg

## Allergens

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

Eat  
Within  
4 Days