



UCCOOK

Cheesy Pork Enchiladas

with corn salsa & black beans

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

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 3	[Serves 4]	
180g	240g	Corn
30g	40g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
8g	10g	Fresh Chives <i>rinse & finely slice</i>
450g	600g	Pork Mince
2	2	Onions <i>peel & finely dice 1½ [2]</i>
45ml	60ml	NOMU Taco Mex Mix
300ml	400ml	Tomato Passata
180g	240g	Black Beans <i>drain & rinse</i>
6	8	Wheat Flour Tortillas
180g	240g	Grated Mozzarella & Cheddar Cheese
150ml	200ml	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, 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 NOMU spice blend (to taste) 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 pork enchiladas and sprinkle over the corn salsa. Finish with dollops of the sour cream. Tuck in, Chef!