



# UCOOK

## Mexican Ostrich Fillet Wraps

with a sour cream sauce, black beans & pickled jalapeños

Tortilla wraps are loaded with tender ostrich fillet slices, a guacamole & sour cream sauce, black beans, and lots more mouthwatering flavours. It's a Mexican fiesta, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Fan Faves

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 Stellenzicht | Tristone Cabernet Sauvignon

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## Ingredients & Prep

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60g	Black Beans <i>drained &amp; rinsed</i>
10g	Sliced Pickled Jalapeños <i>drained &amp; roughly chopped</i>
15ml	Lemon Juice
20ml	Sour Cream
40g	Guacamole
4g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>
150g	Free-range Ostrich Fillet
7,5ml	NOMU Mexican Spice Blend
2	Wheat Flour Tortillas
20g	Green Leaves <i>rinsed &amp; finely shredded</i>
30g	Grated Cheddar & Mozzarella Cheese

## From Your Kitchen

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

**1. NICE & SPICY MIX** In a small bowl, combine the rinsed black beans, the chopped jalapeños (to taste), ½ the lemon juice (to taste), a sweetener, and seasoning. Set aside.

**2. GUAC YOUR WORLD** In another bowl, combine the sour cream, the guacamole, the remaining lemon juice (to taste), ½ the chopped coriander, and seasoning. Set aside.

**3. EXCELLENT OSTRICH** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the NOMU spice blend. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**4. TOR-TALLY TERRIFIC** Return the pan, wiped down, to medium heat. Add a tortilla and top half with some of the guacamole sauce, some of the shredded leaves, some of the black bean mixture, some of the fillet slices, some of the reserved pan juices, some of the grated cheese, and seasoning. Be careful when portioning the ingredients so there are enough fillings for each tortilla. Fold over the other side of the wrap to create a half-moon. Carefully flip and toast, 2-3 minutes. Repeat with the remaining tortilla.

**5. THAT LOOKS GOOD!** Plate up the ostrich wraps. Sprinkle over the remaining coriander. Serve with any remaining guacamole sauce. Go for it, Chef!

## Nutritional Information

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Per 100g

Energy	717kJ
Energy	171kcal
Protein	11.5g
Carbs	15g
of which sugars	2.3g
Fibre	2g
Fat	7.4g
of which saturated	2.9g
Sodium	334mg

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## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 2  
Days