



UCCOOK

Sweet Potato Fiesta & Ostrich Mince

with loaded sour cream

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Old Man's Blend Red Blend

Nutritional Info	Per 100g	Per Portion
Energy	341kj	3040kj
Energy	81kcal	726kcal
Protein	4.6g	41.1g
Carbs	8.9g	79.6g
of which sugars	3.6g	31.7g
Fibre	1.6g	14.1g
Fat	2.8g	24.6g
of which saturated	1g	8.6g
Sodium	94.5mg	842.6mg

Allergens: Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
50g	100g	Corn
150g	300g	Free-range Ostrich Mince
1	1	Onion <i>peel & roughly slice ½ [1]</i>
20ml	40ml	Tomato Paste
15ml	30ml	NOMU Mexican Spice Blend
50ml	100ml	Sour Cream
1	1	Bell Pepper <i>rinse, deseed & finely dice ½ [1]</i>
10ml	20ml	Lime Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey

1. ROAST Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. CHARRED CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. 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, 3-4 minutes (shifting occasionally).

4. SOME FLAVOUR Add the onion to the mince and fry until lightly golden, 5-6 minutes. Add the tomato paste, NOMU rub, and fry until fragrant, 1-2 minutes. Mix in 50ml [100ml] of water. Simmer until thickened, 2-4 minutes. Remove from the heat, mix in sweetener (to taste), and season.

5. JUST BEFORE SERVING In a bowl, combine the sour cream, pepper, lime juice, corn, a splash of water, and seasoning.

6. TIME TO DINE Make a bed of the roast, top with the mince, and finish with dollops of sour cream mixture. Dig in, Chef!