



UCCOOK

Cheesy Ostrich Quesadilla & Guacamole

with sour cream & jalapeños

It's Mzansi meets Mexico, Chef! Browned ostrich mince is spiced with NOMU Mexican rub, which then becomes one of the layers in your quesadilla. Together with sour cream, jalapeño, bell pepper & cheese, these loaded tortilla triangles are sided with a fresh salsa and a creamy guacamole for the perfect night in.


Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Samantha du Toit

Quick & Easy

 Cathedral Cellar Wines | Cathedral Cellar-
Cabernet Sauvignon 2021

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Ingredients & Prep

150g	Free-range Ostrich Mince
25ml	NOMU Rub & Onion Flakes <i>(10ml NOMU Mexican Spice Blend & 15ml Onion Flakes)</i>
2	Wheat Flour Tortillas
30ml	Sour Cream
1	Bell Pepper <i>rinse & roughly dice</i>
10g	Sliced Pickled Jalapeños <i>drain</i>
40g	Grated Mozzarella & Cheddar Cheese
1	Tomato <i>rinse & roughly dice</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
1 unit	Guacamole

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. MEXICAN MINCE Place a pan over 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). In the final minutes, add the NOMU rub & onion flakes.

2. CAN'T TOP THIS While the mince is cooking, smear each tortilla with the sour cream. Top 1 of the tortillas with the mince mixture, the diced pepper, the drained jalapeños (to taste), and the cheese. Sandwich the loaded tortilla with the remaining tortilla. In a bowl, combine the diced tomato, the chopped coriander, a drizzle of olive oil, and seasoning.

3. QUICK QUESADILLA Place the quesadilla in a clean pan or grill pan over medium heat. Fry until golden, 1-2 minutes. Cover the pan with a chopping board or a plate. Flip the pan quickly so the quesadilla flips onto the board or plate. Slide the quesadilla back into the pan so the untoasted side is on the base of the pan. Toast until the cheese is melted, 1-2 minutes. Remove from the pan and cut into triangles.

4. YAY FOR YUMMINESS Arrange the cheesy quesadilla triangles on a plate and garnish with any remaining jalapeño. Side with the tomato & coriander salsa for freshness and the guacamole for dunking. Enjoy!

Nutritional Information

Per 100g

Energy	561kJ
Energy	134kcal
Protein	6.8g
Carbs	10g
of which sugars	1.9g
Fibre	2.5g
Fat	7.4g
of which saturated	2.1g
Sodium	242.7mg

Allergens

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

Eat
Within
4 Days