

UCOOK

Cheesy Ostrich Enchiladas

with a saucy black bean ragù, corn salsa & crème fraîche

Succulent ostrich fillet slices are accompanied by a savoury black bean ragù cooked in aromatic spices. All of this deliciousness is rolled up in tortillas, topped with cheese and baked until melty and golden. Scattered with a spicy corn salsa and dollops of crème fraîche, it's bound to be a big hitter!


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Thea Richter

 Fan Faves

 Sijnn Wines | Sijnn Red Blend

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Ingredients & Prep

| | |
|------|--|
| 1 | Onion <i>peeled & finely diced</i> |
| 20ml | NOMU Mexican Spice Blend |
| 200g | Cooked Chopped Tomato |
| 10ml | Beef Stock |
| 100g | Corn |
| 20g | Sliced Pickled Jalapeños <i>drained & roughly chopped</i> |
| 8g | Fresh Coriander <i>rinsed & roughly chopped</i> |
| 300g | Free-range Ostrich Fillet |
| 120g | Black Beans <i>drained & rinsed</i> |
| 4 | Wheat Flour Tortillas |
| 80g | Grated Mozzarella & Cheddar Cheese |
| 60ml | Crème Fraîche |

From Your Kitchen

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

1. TEXI-MEXI RAGÙ Preheat the oven to 200°C. Boil the kettle. Place a pot over a medium heat with a drizzle of oil. When hot, sauté the diced onion for 4-5 minutes until soft and translucent, shifting occasionally. Add the spice blend and cook for 1-2 minutes, shifting constantly. Stir in the cooked chopped tomato, the stock, and 100ml of boiling water, then reduce the heat. Simmer for 12-15 minutes until reduced and thickened, stirring occasionally.

2. SPICY CORN SALSA Place a pan over a high heat with a drizzle of oil. When hot, fry the corn for 3-4 minutes until charred, shifting occasionally. On completion, transfer to a bowl, and add the chopped jalapeños (to taste) and the chopped coriander. Toss to combine, season, and set aside for serving.

3. (OST)RICH STEAKS Return the pan to a medium-high heat with a drizzle of oil. Pat the ostrich steak dry with paper towel. When the pan is hot, fry the steak for 3-4 minutes per side, until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) In the final 1-2 minutes, use a knob of butter to baste the steak. Remove from the pan and rest for 5 minutes before thinly slicing. Lightly season.

4. ROLL 'EM UP When the ragù has 2 minutes remaining, stir through the drained black beans to heat through. Remove from the heat and season to taste with salt, pepper, and a sweetener of choice (optional). Grease a roasting tray or ovenproof dish with a little butter or oil. Spread the ragù evenly over the tortillas and top with the steak slices. Roll each one up into a tube. Place on the tray or dish and top with the grated cheese. Bake in the hot oven for 4-5 minutes until crisping up and golden.

5. TIME TO DINE Plate up the cheesy ostrich enchiladas and sprinkle over the corn and jalapeño salsa. Dollop over the crème fraîche. Tuck in!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 623kJ |
| Energy | 149kcal |
| Protein | 9.2g |
| Carbs | 14g |
| of which sugars | 3.2g |
| Fibre | 1.9g |
| Fat | 5.9g |
| of which saturated | 3g |
| Sodium | 305mg |

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days