



UCOOK

Cheesy Ostrich Quesadilla

with corn, pickled jalapeño & homemade guacamole

Caramelised ostrich mince, layered with corn and silky onion, is loaded onto a sour cream base inside a tortilla, then topped with chopped jalapeño and grated cheese. These stuffed tortillas are then pan roasted until golden. Sided with a zesty and fresh guacamole. It's time for a mouthwatering Mexican meal with a South African twist, Chef!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Isabella Melck

 Quick & Easy

 Vilafonté | Seriously old dirt 2021

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Ingredients & Prep

1	Onion <i>peel & roughly slice ½</i>
50g	Corn
150g	Free-range Ostrich Mince
7,5ml	NOMU Mexican Spice Blend
2	Wheat Flour Tortillas
30ml	Sour Cream
10g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
40g	Grated Mozzarella & Cheddar Cheese
1	Avocado
1	Tomato <i>rinse & finely dice ½</i>
10ml	Lime Juice

From Your Kitchen

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

1. MINCE MIX Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced onion and the corn until golden, 4-5 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Caramelize until browned, 4-5 minutes (shifting occasionally). In the final minute, add the NOMU spice blend and seasoning. Remove from the heat and cover.

2. START THE ASSEMBLY LINE Smear each tortilla with the sour cream. Top 1 of the tortillas with the corn & mince mixture, the chopped jalapeños (to taste), and the grated cheese. Sandwich the loaded tortilla with the remaining tortilla.

3. TOASTY TRIANGLES 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. GUAC GUAC GO Halve the avocado and set aside one of the halves for another meal. Scoop the avocado flesh into a bowl and mash with a fork. Mix through the diced tomato, the lime juice, and seasoning.

5. TIME TO DINE! Arrange the cheesy quesadilla triangles on a plate and garnish with any remaining jalapeño. Serve with the guacamole on the side for dunking. Enjoy!

Nutritional Information

Per 100g

Energy	649kJ
Energy	155kcal
Protein	7.5g
Carbs	13g
of which sugars	2.1g
Fibre	2.6g
Fat	8.2g
of which saturated	2.7g
Sodium	184mg

Allergens

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

Cook
within 3
Days