



Eat Within 4 Days

# WCOOK

## Ostrich Tortilla Bake

with fresh coriander, piquanté peppers & sour cream

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Thea Richter

**Wine Pairing:** Sophie Germanier Organic | Sophie Germanier Pinotage Organic

Nutritional Info	Per 100g	Per Portion
Energy	531kj	4459kj
Energy	127kcal	1067kcal
Protein	7g	58.9g
Carbs	14g	116g
of which sugars	3.3g	27.7g
Fibre	2.1g	17.3g
Fat	4.5g	38.1g
of which saturated	2g	17g
Sodium	219mg	1841mg

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites

**Spice Level:** Mild

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
1	1	Onion <i>peel &amp; roughly dice ½ [1]</i>
120g	240g	Carrot <i>rinse, trim, peel &amp; roughly dice</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
20g	40g	Piquanté Peppers <i>drain</i>
10ml	20ml	NOMU Mexican Spice Blend
150g	300g	Free-range Ostrich Mince
100g	200g	Cooked Chopped Tomato
60g	120g	Black Beans <i>drain &amp; rinse</i>
50g	100g	Corn
2	4	Wheat Flour Tortillas
40g	80g	Grated Mozzarella & Cheddar Cheese
30ml	60ml	Sour Cream
3g	5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. FRY FOR FLAVOUR** Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. When hot, fry the onion and carrot until golden, 4-5 minutes (shifting occasionally). Add the garlic, the peppers, and the NOMU spice blend, and fry until fragrant, 1-2 minutes (shifting constantly).

**2. MAKE THE MINCE** When the garlic is fragrant, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 [4-5] minutes (shifting occasionally). Add the cooked chopped tomato and 100ml [150ml] of water. Simmer until slightly reduced, 6-7 minutes (shifting occasionally).

**3. TOR-TILLA WORTH IT!** When the mixture has reduced, add the black beans, the corn, seasoning, and a sweetener (to taste). Pour ½ the mixture into an ovenproof dish. Top the mixture with 1 [2] of the tortillas [side-by-side] and then pour over the remaining mixture. Top with the remaining tortilla/s. Sprinkle over the cheese. Bake in the hot oven until the cheese is golden, 7-8 minutes (watching closely so it doesn't burn).

**4. LASAGNA WITH A NEW LOOK** Plate up the ostrich tortilla bake. Dollop over the sour cream and sprinkle over the coriander. It's a fiesta, Chef!