



UCOOK

Ostrich Chilli Con Carne

with roasted pumpkin & coriander-crema


A saucy, satisfying classic gets a gorgeous revamp with ostrich mince, stewed in a rich sauce of tomato and kidney beans with BBQ sauce. Served with roasted pumpkin, finished off with dollops of coriander-crema. Sprinkled with chopped parsley and fresh chilli. Yeow!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Stellenzicht | Tristone Cabernet Sauvignon

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Ingredients & Prep

200g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
5ml	Beef Stock
1	Onion <i>½ peeled & roughly diced</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
150g	Free-range Ostrich Mince
10ml	NOMU Cajun Rub
200g	Cooked Chopped Tomato
120g	Kidney Beans <i>drained & rinsed</i>
30ml	BBQ Sauce
30ml	Crème Fraîche
10ml	Pesto Princess Coriander & Chilli Pesto
4g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. LET'S GET GOING Boil the kettle. Preheat the oven to 200°C. Spread out the pumpkin pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. DA CHILLI Dilute the stock with 65ml of boiling water and set aside. Place a pot over a medium heat with a drizzle of oil. When hot, fry the diced onion for 2-3 minutes until soft, shifting occasionally. Add the sliced chilli to taste and sauté for about a minute. Add the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 4-5 minutes until browned, stirring occasionally. Stir in the rub (to taste – it's spicy!) and stir for another minute until fragrant. Mix in the cooked chopped tomato, diluted stock and bring to a simmer. Lower the heat and cook for 10-12 minutes until reduced and thickened, stirring occasionally to stop it from sticking.

3. ALMOST... When the chilli has 3-4 minutes remaining, add in the drained kidney beans and the BBQ sauce. Stir until the beans have heated through. Season and add a sweetener of choice. Remove from the heat on completion. In a bowl, add the crème fraîche and coriander & chilli pesto. Add a splash of water, mix to combine and season.

4. MIGHTY SPICY Pile up the chilli con carne. Dollop over the coriander crema. Sprinkle over the chopped parsley and any remaining chilli (to taste). Side with the roasted pumpkin pieces. Well done, Chef!

Nutritional Information

Per 100g

Energy	409kJ
Energy	98kcal
Protein	5.9g
Carbs	7g
of which sugars	2.7g
Fibre	2.4g
Fat	3.8g
of which saturated	1.4g
Sodium	162mg

Allergens

Dairy, Allium, Sulphites, Sugar Alcohol (Xylitol), Tree Nuts

Cook
within 3
Days