



# QCOOK

## Cheesy Ostrich Enchiladas

with corn salsa & black beans

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Stettyn Wines | Stettyn Family Range Shiraz

### Nutritional Info

	Per 100g	Per Portion
Energy	614kJ	4516kJ
Energy	147kcal	1080kcal
Protein	8.2g	60.3g
Carbs	14g	101g
of which sugars	2.9g	21.3g
Fibre	1.9g	14.1g
Fat	6.1g	44.8g
of which saturated	2.8g	20.7g
Sodium	251mg	1842mg

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

**Spice Level:** Hot

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peeled &amp; finely diced</i>
10ml	20ml	NOMU Mexican Spice Blend
100g	200g	Cooked Chopped Tomato
5ml	10ml	Beef Stock
50g	100g	Corn
10g	20g	Sliced Pickled Jalapeños <i>drained &amp; roughly chopped</i>
4g	8g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>
150g	300g	Free-range Ostrich Fillet
60g	120g	Black Beans <i>drained &amp; rinsed</i>
2	4	Wheat Flour Tortillas
40g	80g	Grated Mozzarella & Cheddar Cheese
30ml	60ml	Crème Fraîche

## From Your Kitchen

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

**1. SPICY CORN SALSA** Preheat the oven to 200°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until charred, 4-5 minutes (shifting occasionally). Remove from the pan, mix with the jalapeños (to taste), season, and set aside.

**2. OSTRICH MINCE** Return the pan to 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).

**3. TEXI-MEXI RAGÙ** Add the onion to the mince and fry until soft and lightly golden, 4-5 minutes (shifting occasionally). Add the spice blend and fry until fragrant, 1-2 minutes. Stir in the tomato passata, and 100ml [200ml] of water. Simmer until reduced and thickened, 10-12 minutes (stirring occasionally). In the final 3-4 minutes, mix in the beans. Remove from heat, add a sweetener (to taste) and seasoning.

**4. ROLL 'EM UP** Grease a roasting tray or ovenproof dish with a knob of butter or oil. Spread the mince ragù evenly over the tortillas and roll each one up into a tube. Place on the tray or dish and top with the cheese. Bake in the hot oven until crisping up and golden, 4-5 minutes.

**5. TIME TO DINE** Plate up the cheesy ostrich enchiladas and sprinkle over the corn and jalapeño salsa. Finish with dollops of the sour cream. Tuck in, Chef!

**Chef's Tip**