

UCCOOK

Cheesy Nachos & Ostrich Mince

with sour cream & homemade guacamole

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Thea Richter

Nutritional Info

	Per 100g	Per Portion
Energy	704kJ	5147kJ
Energy	169kcal	1232kcal
Protein	7.3g	53.5g
Carbs	12g	86g
of which sugars	2.1g	15.1g
Fibre	3.2g	23.5g
Fat	10.4g	76.2g
of which saturated	2.4g	17.3g
Sodium	131mg	956mg

Allergens: Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Free-range Ostrich Mince
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
30ml	40ml	NOMU Taco Mex Mix
300ml	400ml	Tomato Passata
240g	320g	Santa Anna's Corn Nachos
150g	200g	Grated Mozzarella & Cheddar Cheese
2	2	Avocados
2	2	Tomatoes <i>rinse & finely dice 1½ [2]</i>
45ml	60ml	Lime Juice
150ml	200ml	Sour Cream
30g	40g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>

From Your Kitchen

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

1. MMMINCE Preheat the oven to the grill setting or the highest temperature. Place a pan over 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, 5-7 minutes (shifting occasionally). Add the onion and fry until soft, 6-7 minutes (shifting occasionally).

2. TANGY TOMATO SAUCE Add the NOMU rub to the pan and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 300ml [400ml] of water. Simmer until slightly reduced and thickened, 12-15 minutes. Add a sweetener (to taste) and seasoning. Remove from the heat.

3. GOLDEN, CHEESY LAYER Spread the nachos in an ovenproof dish. Evenly cover with the tomato and mince mixture. Sprinkle over the cheese and pop in the hot oven. Bake until the cheese is melted and golden, 6-8 minutes.

4. GO GO GUACOMOLE Cut the avocado in half. In a bowl, combine 1½ [all] of the avocado flesh, tomato, lime juice (to taste), and seasoning.

5. NA-CHO AVERAGE NACHOS Pile up the cheesy nachos. Dollop over the sour cream and the guacamole. Top with a sprinkle of the jalapeño (optional) and indulge yourself, Chef!