



U COOK

— COOKING MADE EASY

OSTRICH BURRITO FIESTA


with orangey tomato salsa & coriander-chilli pesto

Velvety Mexican tortilla wraps overflowing with melted cheese, Spanish-spiced ostrich mince, and black beans. These honeys are served up with lashings of coriander and chilli pesto and sour cream.

Prep + Active Time: 25 minutes

Total Cooking Time: 25 minutes

 **Serves:** 1 person

 **Chef:** Jason Kosmas

 **Easy Peasy**

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Ingredients

150 g	Ostrich Mince
2.5ml	Beef Stock
15ml	NOMU Spanish Rub
120 g	Black Beans <i>drained & rinsed</i>
1	Spring Onion <i>thinly sliced on the diagonal</i>
100 g	Baby Tomatoes <i>quartered</i>
1	Orange <i>one half zested & cut into wedges</i>
2	Tortillas
50 g	Grated Cheese Mix
50ml	Sour Cream
15ml	Pesto Princess Coriander & Chilli Pesto

From Your Kitchen

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

0. OST RICH FILLING

Boil the kettle. Place a pan over a medium-high heat with a drizzle of oil. When hot, add the ostrich mince and work quickly to break it up as it cooks. Allow to caramelise for 4-5 minutes until browned, stirring occasionally. Dilute the beef stock with 20 ml of boiling water. When the mince has about a minute to go, add the Spanish Rub to taste and cook for 1 minute. Then, add the drained black beans and the diluted stock. Stir to combine and cook for a further 1-2 minutes. Remove from the heat and season to taste.

1. TIME TO SALSA

Place the sliced spring onion and quartered tomatoes in a bowl. Add a drizzle of oil and some orange juice and zest to taste. Season the salsa to taste and set aside for serving.

2. TOASTY TORTILLAS

Now to heat the tortillas – you'll need to do this one at a time. Place a clean pan over a medium heat. When hot, dry toast the tortillas for about 30 seconds until lightly golden on one side. Flip, sprinkle with some grated cheese, and allow it to melt. Remove from the pan on completion. Repeat this process with the other tortilla.

3. ASSEMBLE & MUNCH!

Time to assemble the tasty ostrich burritos! Load the cheesy tortillas with the ostrich filling and pack with the tangy salsa and any remaining grated cheese. Don't forget to dollop over the sour cream and the coriander & chilli pesto. Serve with an orange wedge on the side. What a vibe!

Nutritional Information

Per Serving

Energy (kj)	4430
Energy (kcal)	1059
Protein	59
Carbs	88
of which sugars	12
Fibre	14
Fat	51
of which saturated	19
Salt	6

Cook within: 4 days

Allergens: Gluten Dairy Allium Wheat Sulphites Tree-Nuts



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