



# UCCOOK

## Smoky Wagyu Mince Crisp Tostadas

with charred corn & sour cream

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Bertha Wines | Bertha Shiraz

### Nutritional Info

	Per 100g	Per Portion
Energy	628kJ	4108kJ
Energy	151kcal	985kcal
Protein	6.6g	43.1g
Carbs	12g	81g
of which sugars	2.7g	17.4g
Fibre	2.2g	14.5g
Fat	7.8g	51.1g
of which saturated	3.4g	22.4g
Sodium	152mg	995mg

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

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Corn
150g	300g	Wagyu Beef Mince
1	1	Onion <i>peel &amp; roughly slice ½ [1]</i>
10ml	20ml	NOMU Mexican Spice Blend
100ml	200ml	Tomato Passata
60g	120g	Red Kidney Beans <i>drain &amp; rinse</i>
10g	20g	Chipotle Chillies In Adobo <i>roughly chop</i>
2	4	Corn Tortillas
50ml	100ml	Sour Cream
20g	40g	Danish-style Feta <i>drain</i>
3g	5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

- 1. CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan, add seasoning, and set aside.
- 2. 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. SAUCE STEP** Add the onion to the pan and fry until lightly golden, 5-6 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes. Mix in the tomato passata, beans, chipotle (to taste) and 100ml [200ml] of water. Bring to a boil, then simmer until thickened and reduced, 6-8 minutes. Mix in the sweetener (to taste) and season. Remove from the heat.
- 4. TOSTADAS** Place a pan over medium heat with enough oil to cover the base. When hot, fry the tortillas until crispy, 1-2 minutes per side. Remove from the pan, and drain on paper towel. You may need to do this step in batches. Alternatively, lightly coat the tortillas with oil, and air fry at 200°C until crispy, 4-6 minutes (shifting halfway).
- 5. DINNER IS READY** Top the crisp tostadas with the wagyu mince, scatter over the corn, and finish with dollops of sour cream. Crumble the feta over and garnish with the coriander. Dig in, Chef!

**Chef's Tip** If the tostadas puff up, lightly press them with a spatula to keep them flat.