



# UCCOOK

## Cheesy Ostrich Quesadilla & Guacamole

with sour cream & jalapeños

It's Mzansi meets Mexico, Chef! Browned ostrich mince is spiced with NOMU Mexican rub, which then becomes one of the layers in your quesadilla. Together with sour cream, jalapeño, bell pepper & cheese, these loaded tortilla triangles are sided with a fresh salsa and a creamy guacamole for the perfect night in.

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**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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**Serves:** 2 People


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**Chef:** Samantha du Toit

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Quick & Easy

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 Cathedral Cellar Wines | Cathedral Cellar-  
Cabernet Sauvignon 2021

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## Ingredients & Prep

|        |   |
|--------|---|
| 300g   | Free-range Ostrich Mince  |
| 50ml   | NOMU Rub & Onion Flakes<br><i>(20ml NOMU Mexican Spice Blend &amp; 30ml Onion Flakes)</i> |
| 4      | Wheat Flour Tortillas   |
| 60ml   | Sour Cream  |
| 1      | Bell Pepper<br><i>rinse &amp; roughly dice</i>  |
| 20g    | Sliced Pickled Jalapeños<br><i>drain</i>  |
| 80g    | Grated Mozzarella & Cheddar Cheese  |
| 1      | Tomato<br><i>rinse &amp; roughly dice</i>   |
| 5g     | Fresh Coriander<br><i>rinse, pick &amp; roughly chop</i>                                  |
| 1 unit | Guacamole   |

## From Your Kitchen

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

**1. MEXICAN MINCE** 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, 4-5 minutes (shifting occasionally). In the final minutes, add the NOMU rub & onion flakes.

**2. CAN'T TOP THIS** While the mince is cooking, smear each tortilla with the sour cream. Top 2 of the tortillas with the mince mixture, the diced pepper, the drained jalapeños (to taste), and the cheese. Sandwich the loaded tortillas with the remaining tortillas. In a bowl, combine the diced tomato, the chopped coriander, a drizzle of olive oil, and seasoning.

**3. QUICK QUESADILLA** Place the quesadilla in a clean pan or grill pan over medium heat. Fry until golden, 1-2 minutes. Cover the pan with a chopping board or a plate. Flip the pan quickly so the quesadilla flips onto the board or plate. Slide the quesadilla back into the pan so the untoasted side is on the base of the pan. Toast until the cheese is melted, 1-2 minutes. Remove from the pan and cut into triangles. Repeat with the remaining quesadillas.

**4. YAY FOR YUMMINES** Arrange the cheesy quesadilla triangles on a plate and garnish with any remaining jalapeño. Side with the tomato & coriander salsa for freshness and the guacamole for dunking. Enjoy!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 561kJ   |
| Energy             | 134kcal |
| Protein            | 6.8g    |
| Carbs              | 10g     |
| of which sugars    | 1.9g    |
| Fibre              | 2.5g    |
| Fat                | 7.4g    |
| of which saturated | 2.1g    |
| Sodium             | 242.7mg |

## Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat  
Within  
4 Days