



UCOOK

Oh Wow! Ostrich Nacho Stack

with rich, smoky ostrich mince, tropical salsa & tangy cottage cheese

What can beat a plate piled high with cheese-dripped mince, saucy black beans, and crunchy rainbow nachos? Nothing! This Tex-Mex superhero comes with the ultimate side-kicks: chive crème and a tangy corn, jalapeño, and pineapple salsa. Ka-pow!

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

♥ Health Nut

🍷 Fat Bastard | The Golden Reserve

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

50g	Corn <i>drained</i>
150g	Free-range Ostrich Mince
10ml	NOMU Spanish Rub
100ml	Tomato Passata
60g	Black Beans <i>drained & rinsed</i>
50g	Grated Mozzarella
40ml	Low Fat Cottage Cheese
3g	Fresh Chives <i>rinsed & finely chopped</i>
60g	Pineapple Pieces <i>drained & roughly chopped</i>
10g	Pickled Jalapeños <i>drained & roughly chopped</i>
80g	Heirloom Corn Nachos

From Your Kitchen

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

1. THE SWEETEST CORN Preheat the oven to 220°C on the grill setting. Place a nonstick pan over a high heat with a drizzle of oil. When hot, fry the drained corn for 3-4 minutes until charred, shifting occasionally. On completion, transfer to a salad bowl and set aside.

2. FRY THAT MINCE Return the pan to a high heat with a drizzle of oil. When hot, add in the mince and work quickly to break it up as it starts to cook. Once separated, stir in the Spanish Rub to taste. Allow to caramelise for 4-5 minutes until browned but not cooked through, stirring occasionally. Mix in the tomato passata and 50ml of water. Lower the heat and allow to simmer for 3-4 minutes until thickened. During the final minute, stir in the drained black beans until heated through. Season to taste with salt, pepper, and a sweetener of choice. Remove from the heat on completion.

3. SAY CHEESE! Spoon the mince mixture into an oven tray and evenly sprinkle over the grated cheese. Grill in the hot oven for 4-5 minutes until the cheese is melted and golden.

4. INFUSE THE CHEESE & TOSS THE SALSA In a small bowl, combine the cottage cheese with ½ of the chopped chives. Mix in some seasoning and set aside for serving. To the bowl of corn, add the chopped pineapple, ¾ of the chopped jalapeños (or to taste), and the remaining chives. Drizzle with oil, season, and toss to combine.

5. A BIG OL' PILE OF YUM Dish up some cheesy ostrich mince and top with hearty dollops of chive crème. Scatter over the salsa and garnish with the remaining jalapeños to taste. Serve with the crunchy nachos on the side for scooping it all up. Time to get those hands messy!



Chef's Tip

If you don't want to use your nachos as dippers, you can lay them across the bottom of the oven tray and bake the mince mixture on top of them – the choice is yours!

Nutritional Information

Per 100g

Energy	728kj
Energy	174Kcal
Protein	10.4g
Carbs	17g
of which sugars	4.8g
Fibre	2.8g
Fat	7.3g
of which saturated	2.1g
Sodium	300mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days