



QCOOK

Mexican Ostrich & Jalapeño Taquitos

with guacamole, black beans & corn

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info

	Per 100g	Per Portion
Energy	712kJ	4343kJ
Energy	170kcal	1039kcal
Protein	8g	49g
Carbs	15g	94g
of which sugars	2g	12g
Fibre	3.3g	20g
Fat	8.6g	52.2g
of which saturated	2.1g	12.7g
Sodium	319mg	1946mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Ostrich Strips
10ml	20ml	NOMU Mexican Spice Blend
50ml	100ml	Sour Cream
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
15g	30g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
5	10	Wheat Flour Tortillas
50g	100g	Corn
60g	120g	Black Beans <i>drain & rinse</i>
10g	20g	Piquanté Peppers <i>drain</i>
1 pack	1 pack	Guacamole

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

Paper Towel

1. SPICY OSTRICH Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. Pat the ostrich dry with paper towel and cut into small pieces. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). During the final 30-60 seconds, baste with a knob of butter and the NOMU rub. Place in a bowl and combine with the sour cream, spring onion whites, the jalapeños (to taste), and season.

2. TASTY TORTILLAS Place the tortillas in a single layer on a chopping board. Place 1-2 tbsp of the ostrich mixture down the centre of each tortilla in a straight line from top to bottom (you may have some filling left over!). Roll up each tortilla tightly so that it resembles a cylinder with the filling inside. Place on a lightly greased baking tray in a single layer, fold-side down. Pop in the oven and bake until golden and starting to crisp, 10-12 minutes.

3. CORN & BEAN SALAD Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until starting to char, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, toss through the beans to heat through. Remove from the pan and place in a bowl. Toss with the peppers, the spring onion greens, and seasoning.

4. MMMEXICAN MEAL Pile up the ostrich and jalapeño taquitos. Side with the charred corn and bean salad. Serve with the guacamole for dunking. Side with any remaining filling. Well done, Chef!