



# QCOOK

## Homemade Crunch Bowl & Smoky Ostrich

with charred corn & Peruvian green sauce

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Suné van Zyl

**Wine Pairing:** Delheim Wines | Delheim Merlot

### Nutritional Info

	Per 100g	Per Portion
Energy	657kJ	5218kJ
Energy	157kcal	1248kcal
Protein	6.2g	49.4g
Carbs	10g	83g
of which sugars	2.2g	17.6g
Fibre	2.7g	21.4g
Fat	9.9g	78.6g
of which saturated	1.8g	14.1g
Sodium	277mg	2199mg

**Allergens:** Sulphites, Egg, Gluten, Wheat, Cow's Milk, Soya, Allium

**Spice Level:** Hot

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
50g	100g	Corn
20g	40g	Danish-style Feta <i>drain</i>
40ml	80ml	Hellmann's Original Mayo
3g	5g	Fresh Coriander <i>rinse &amp; pick</i>
150g	300g	Free-range Ostrich Mince
1	1	Onion <i>peel &amp; finely dice ½ [1]</i>
10ml	20ml	NOMU Mexican Spice Blend
15g	30g	Chipotle Chillies In Adobo <i>drain &amp; finely chop</i>
100ml	200ml	Tomato Passata
60g	120g	Cannellini Beans <i>drain &amp; rinse</i>
1	2	Wheat Flour Tortilla/s
1 unit	1 unit	Guacamole

## From Your Kitchen

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Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Blender

Paper Towel

**1. CHARRED CORN** Preheat the oven to 200°C. 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 and set aside.

**2. MAKE THE SAUCE** To a blender, add the feta, the mayo, and ¾ of the coriander. Blend until smooth and season.

**3. SMOKY MINCE & BEANS** Return the pan to medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the onion and fry until soft, 4-5 minutes. Add the chipotle chillies (to taste), the NOMU rub, and fry until fragrant, 30-60 seconds. Pour in the tomato passata, 100ml [200ml] of water, and simmer until reduced and thickened, 10-12 minutes. In the final 3-4 minutes, add the beans and cook until warmed through. Remove from the heat. Add a sweetener (to taste) and seasoning.

**4. TORTILLA BOWL** Place a shallow, oven-proof bowl on a baking tray with the opening facing up. Lightly oil the bowl. Lay the tortilla/s on a flat surface and lightly brush with oil on both sides. Place the tortilla/s in the oiled bowl and gently press into a bowl shape. Place the tray in the hot oven and bake until golden and crispy, 5-8 minutes. Remove from the oven and let the tortilla cool down before removing from the bowl. Alternatively, cut the tortilla into small triangles. Place a clean pan over medium-high heat with enough oil to cover the base. Fry the tortilla triangles until golden and crispy, 1-2 minutes (shifting as they colour). Drain on paper towel and season.

**5. BOWL 'EM OVER** Fill up the tortilla bowl/s with the loaded smoky mince, sprinkle over the charred corn, and drizzle over the Peruvian sauce. Dollop over the guacamole and garnish with the remaining coriander. Amazing, Chef!