



# QCOOK

## Mexican Ostrich & Jalapeño Taquitos

with guacamole, black beans & corn

**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

**Adventurous Foodie:** Serves 3 & 4

**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:

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Serves 3	[Serves 4]	
450g	600g	Free-range Ostrich Strips
30ml	40ml	NOMU Mexican Spice Blend
150ml	200ml	Sour Cream
2	2	Spring Onions <i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i>
45g	60g	Sliced Pickled Jalapeños <i>drain &amp; roughly chop</i>
15	20	Wheat Flour Tortillas
150g	200g	Corn
180g	240g	Black Beans <i>drain &amp; rinse</i>
30g	40g	Piquanté Peppers <i>drain</i>
2 packs	2 packs	Guacamole

## From Your Kitchen

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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, 2-3 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, 5-6 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!