



UCOOK

One-Pan Mexican Ostrich & Cauliflower

with charred corn & spicy sour cream

Are your taste buds ready for some mmmouthwatering Mexican food? They better be, because soon you will be enjoying a loaded caramelised mince dish, layered with a kick of Mexican spice, tangy tomato passata, and melted cheddar cheese. To balance the richness, finish the dish with dollops of jalapeño-infused sour cream.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

Carb Conscious

 Strandveld | Grenache

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Ingredients & Prep

450g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
150g	Corn
450g	Free-range Ostrich Mince
2	Onions <i>peel & finely slice 1½</i>
360g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	Garlic Cloves <i>peel & grate</i>
30ml	Mexican Spice
300ml	Tomato Passata
120g	Cheddar Cheese <i>grate</i>
150ml	Sour Cream
30g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
2	Spring Onions <i>rinse, trim & finely slice</i>

From Your Kitchen

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

1. CHAR CAULI & CORN Place a deep pan over medium-high heat with a drizzle of oil. When hot, fry the cauliflower pieces and the corn until charred, 6-8 minutes (shifting occasionally). Remove from the pan.

2. COOK THE MINCE Return the pan to medium 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).

3. COOK THE SAUCE Add the sliced onion and the carrot pieces to the pan. Fry until the onion is soft, 5-6 minutes. Add the grated garlic and the Mexican spice, and fry until fragrant, 1-2 minutes. Pour in the tomato passata and 300ml of water. Simmer until reduced and thickening, 12-15 minutes. Add the charred cauli & corn and a sweetener (to taste), and mix to combine. Season and sprinkle over the grated cheese. Cook until the cheese is melted, 3-4 minutes.

4. SOME PREP In a small bowl, combine the sour cream, the chopped jalapeños (to taste), and seasoning.

5. DINNER IS READY Dollop the sour cream over the one-pan Mexican cauliflower & ostrich and garnish with the spring onion.

Nutritional Information

Per 100g

Energy	414kJ
Energy	99kcal
Protein	6.5g
Carbs	7g
of which sugars	3.2g
Fibre	1.6g
Fat	4.8g
of which saturated	2g
Sodium	97mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days