


# Loaded Chicken Mince Tortilla Bake

**with fresh coriander, piquanté peppers & sour cream**

**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Thea Richter

**Wine Pairing:** Nitída | Riesling

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 608kJ | 4332kJ |
| Energy | 146kcal | 1036kcal |
| Protein | 8g | 57.2g |
| Carbs | 13g | 96g |
| of which sugars | 3g | 21.5g |
| Fibre | 1.8g | 13.2g |
| Fat | 6.5g | 46.3g |
| of which saturated | 3.2g | 22.9g |
| Sodium | 272mg | 1933mg |

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

**Spice Level:** Mild

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|---|---|---|
| 1 | 1 | Onion<br>*peel & roughly dice ½ [1]* |
| 1 | 1 | Garlic Clove<br>*peel & grate* |
| 20g | 40g | Piquanté Peppers<br>*drain* |
| 10ml | 20ml | NOMU Taco Mex Mix |
| 150g | 300g | Free-range Chicken Mince |
| 100g | 200g | Cooked Chopped Tomato |
| 60g | 120g | Black Beans<br>*drain & rinse* |
| 2 | 4 | Wheat Flour Tortillas |
| 60g | 120g | Grated Mozzarella & Cheddar Cheese |
| 50ml | 100ml | Sour Cream |
| 3g | 5g | Fresh Coriander<br>*rinse & pick* |

## From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey

1. FRY FOR FLAVOUR Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the garlic, the peppers, and the NOMU rub, and fry until fragrant, 1-2 minutes (shifting constantly).

2. MAKE THE MINCE When the garlic is fragrant, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 [4-5] minutes (shifting occasionally). Add the cooked chopped tomato and 100ml [150ml] of water. Simmer until slightly reduced, 6-7 minutes (shifting occasionally).

3. TOR-TILLA WORTH IT! When the mixture has reduced, add the black beans, seasoning, and a sweetener (to taste). Pour ½ the mixture into an ovenproof dish (large enough for the tortillas). Top the mixture with 1 [2] of the tortilla/s and then pour over the remaining mixture. Top with the remaining tortilla/s. Sprinkle over the cheese. Bake in the hot oven until the cheese is golden, 7-8 minutes (watching closely so it doesn't burn).

4. LASAGNA WITH A NEW LOOK Plate up the beef tortilla bake. Dollop over the sour cream and sprinkle over the coriander. It's a fiesta, Chef!

**Chef's Tip** Tortillas have been a staple of Mexican cuisine for thousands of years! In this bake, they take the place of lasagne sheets, soaking up all the delicious Mexican-inspired flavours.