

OSTRICH CHILLI CON CARNE WRAPS

Serves 4



INGREDIENTS

500 g	Ostrich mince
15 ml	Olive oil
1	Onion (chopped)
15 ml	Crushed garlic
1	Stick celery (chopped)
5 ml	Crushed chilli
Pinch	Cayenne pepper
5 ml	Dried oregano
1 can	Crushed tomatoes
30 ml	Tomato paste
5 ml	Soft brown sugar
15 ml	Wine vinegar
1 can	Red kidney beans (rinsed and drained)
125 ml	Water
8	Whole wheat wraps

METHOD

1. Heat the oil in large, heavy-based pan, and add the onion, garlic and celery
2. Stir over medium heat for 5 minutes or until softened
3. Add the meat and cook over high heat for 5 minutes until well-browned, breaking up any lumps with a fork
4. Add the chilli, cayenne pepper and oregano to the pan. Cook for a further 2 minutes
5. Add the crushed tomatoes, water and tomato paste, and stir to combine
6. Simmer for 30 minutes, stirring occasionally
7. Add the sugar, vinegar and kidney beans
8. Season with salt and freshly ground black pepper
9. Heat through for 5 minutes
10. Heat wraps as per packet instructions
11. Fill the wraps with ostrich con carne filling and wrap
12. Serve with an avocado guacamole and chopped tomatoes