



UCOOK

Chipotle Mushrooms & Butter Bean Mash

with roasted broccoli & carrots

Ever made mash out of butter beans, Chef? Soon you will be able to say, "Bean there, done that!" A hearty butter bean mash accompanies cumin-spiced broccoli & carrots, roasted in the oven until golden. Spicy mushrooms in a tangy tomato & garlic sauce add beautiful flavour to the plate.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Maxine Aufrichtig

Veggie

 Neil Ellis Wines | Neil Ellis Groenekloof Syrah
2021

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Ingredients & Prep

100g	Broccoli Florets <i>rinse</i>
120g	Carrots <i>rinse, trim, peel & cut into bite-sized pieces</i>
5ml	Cumin Seeds
125g	Button Mushrooms <i>wipe clean & cut in half</i>
1	Onion <i>peel & roughly slice ½</i>
10g	Chipotle Chillies In Adobo <i>finely chop</i>
20ml	Tomato Paste
1	Garlic Clove <i>peel & grate</i>
120g	Butter Beans <i>drain & rinse</i>
10ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. ROAST Boil the kettle. Preheat the oven to 200°C. Place the broccoli pieces and the carrot pieces on a roasting tray. Coat in oil, the cumin seeds, and seasoning. Roast in the hot oven until cooked through and crispy, 15-20 minutes (shifting halfway).

2. SPICY MUSHIES Place a pan over medium-high heat with a drizzle of oil. When hot, fry the halved mushrooms and the sliced onions until soft and turning golden, 5-6 minutes (shifting occasionally). Add the sliced chillies (to taste), the tomato paste, and the grated garlic, and fry until fragrant, 1-2 minutes. Pour in 50ml of water and simmer until almost evaporated, 1-2 minutes. Remove from the heat and season.

3. BEAN MASH Submerge the rinsed beans in boiling water until heated through, 3-5 minutes. Drain and mash with a fork or potato masher. Loosen with a splash of warm water, if necessary.

4. TIME TO EAT Plate up the bean mash, and side with the roasted veggies and the spicy mushrooms with all the pan juices. Drizzle over the lemon juice (to taste). Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the broccoli pieces and the carrot pieces in oil, the cumin seeds and seasoning. Air fry at 200°C until cooked through and crispy, 15-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	221kJ
Energy	53kcal
Protein	3g
Carbs	10g
of which sugars	2.8g
Fibre	3.1g
Fat	0.3g
of which saturated	0g
Sodium	97mg

Allergens

Allium, Sulphites

Eat
Within
3 Days