



# UCCOOK

## Barbacoa-style Beef & Rice

with piquanté peppers & sour cream

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream  
Pebble Hill

### Nutritional Info

	Per 100g	Per Portion
Energy	725kJ	3880kJ
Energy	173kcal	928kcal
Protein	9.3g	49.7g
Carbs	21g	112g
of which sugars	2.6g	13.9g
Fibre	1.9g	9.9g
Fat	3.4g	18.1g
of which saturated	1.4g	7.2g
Sodium	183mg	976mg

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

**Spice Level:** Moderate

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice <i>rinse</i>
480g	640g	Beef Sirloin
3	4	Spring Onions <i>rinse, trim &amp; roughly slice</i>
150g	200g	Corn
2	2	Garlic Cloves <i>peel &amp; grate</i>
45ml	60ml	Spice Blend <i>(30ml [40ml] NOMU Mexican Spice Blend &amp; 15ml [20ml] Dried Oregano)</i>
150ml	200ml	Tomato Passata
75ml	100ml	Orange Juice
15ml	20ml	Beef Stock
180g	240g	Black Beans <i>drain &amp; rinse</i>
125ml	240ml	Sour Cream
60g	80g	Piquanté Peppers <i>drain</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (Salt & Pepper)  
Water  
Paper Towel  
Butter

**1. RICE** Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

**2. BEEF** Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**3. SAUCE** Return the pan to medium heat with all the pan juices. Fry the spring onion, corn, garlic, and spice blend until fragrant, 5-6 minutes. Mix in the tomato passata, orange juice, beef stock and 300ml [400ml] of water. Simmer until thickening, 10-12 minutes. In the final 4-5 minutes, add the beans and continue to simmer until warmed through. Remove from the heat and season.

**4. DINNER IS READY** Make a bed of the rice, top with the beef, barbacoa-style sauce, and dollops of sour cream. Garnish with a scatter of the peppers and enjoy, Chef!