



# UCOOK

## Creation's Tex-Mex Bowl

with millet, spicy chipotle sour cream & guacamole

Craving a spicy bowl of Mexican food that will kick your taste buds into gear? Say no more, Chef! On a bed of millet loaded Mexican-spiced corn & beans come dollops of fiery sour cream, soothing guacamole, and garnishings of chopped chillies. It's a rollercoaster of spice that will leave you wanting another tasty ride!

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People

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**Chef:** Creation Winery

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Veggie

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 Creation Wines | Creation Chenin Blanc

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## Ingredients & Prep

300ml	Millet
2	Onions <i>peel &amp; finely slice 1½</i>
360g	Kidney Beans <i>drain &amp; rinse</i>
150g	Corn
52,5ml	Mexican Spice Mix <i>(45ml Mexican Spice &amp; 7,5ml Ground Cumin)</i>
150ml	Sour Cream
15g	Chipotle Chillies In Adobo <i>drain &amp; roughly chop</i>
3	Spring Onions <i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i>
2 units	Guacamole
45g	Whole Pickled Jalapeños <i>drain &amp; thinly slice lengthways</i>

## From Your Kitchen

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

**1. BEGIN WITH MILLET** Place the millet in a pot over medium heat. Toast until fragrant, 2-4 minutes (shifting occasionally). Add 600ml of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

**2. MEXICAN BEANS & CORN** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add the drained beans, the corn, and the Mexican spice mix. Fry until charred, 4-6 minutes (shifting occasionally). Remove from the pan, season, and cover.

**3. SPICY SOUR CREAM** In a small bowl, combine the sour cream with the chopped chipotle chillies (to taste - be careful, they are spicy!) and seasoning. Loosen with a splash of water and set aside.

**4. ALMOST THERE** When the millet is done, toss through the spring onion whites and ½ the onion, corn & bean mixture. Season and set aside.

**5. WELL DONE, CHEF!** Plate up the loaded millet. Top with the remaining onion, corn & bean mixture. Dollop over the spicy sour cream and the guacamole. Garnish with the thinly sliced jalapeños (to taste) and the spring onion greens.

## Nutritional Information

Per 100g

Energy	683kJ
Energy	163kcal
Protein	4.7g
Carbs	21g
of which sugars	2.1g
Fibre	5.2g
Fat	6.3g
of which saturated	0.9g
Sodium	185mg

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
5 Days