

# UCCOOK

## Hearty Veggie Chilli

with crispy tortilla strips & fresh avocado

**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

**Veggie:** Serves 1 & 2

**Chef:** Rhea Hsu

**Wine Pairing:** Zevenwacht | The Tin Mine Red

### Nutritional Info

	Per 100g	Per Portion
Energy	517kJ	4474kJ
Energy	124kcal	1070kcal
Protein	3.4g	29.3g
Carbs	15g	134g
of which sugars	3.3g	28.3g
Fibre	4.1g	35.4g
Fat	5.6g	48g
of which saturated	1.2g	10.2g
Sodium	204mg	1765mg

**Allergens:** Gluten, Allium, Wheat, Sulphites, Tree Nuts

**Spice Level:** Hot

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel &amp; roughly dice ½ [1]</i>
20g	40g	Piquanté Peppers <i>drain</i>
40g	80g	Corn
10ml	20ml	Tomato Paste
200g	400g	Cooked Chopped Tomato
20ml	40ml	Spice Mix <i>(10ml [20ml] NOMU Mexican Spice Blend &amp; 10ml [20ml] Ground Paprika)</i>
1	1	Avocado <i>cut in half &amp; thinly slice ½ [1]</i>
10ml	20ml	Lemon Juice
60g	120g	Kidney Beans <i>drain &amp; rinse</i>
2	4	Wheat Flour Tortillas
30ml	60ml	Cashew Nut Cream Cheese
3g	5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. YOU CAN COOK** Place a pot over medium heat with a drizzle of oil. When hot, add the onion and fry until soft, 3-4 minutes (shifting occasionally). Add the peppers, the corn, and fry until lightly charred, 3-4 minutes (shifting occasionally).

**2. CHOP-CHOP!** When the corn is charred, add the tomato paste and fry until fragrant, 30-60 seconds (shifting constantly). Add the cooked chopped tomato, the spice mix, and 200ml [400ml] of water. Bring to a boil and simmer until reduced and slightly thickened, 10-12 minutes (stirring occasionally).

**3. HAVE SOME AVO** While the chilli is simmering, drizzle ½ the lemon juice over the avo and season.

**4. FINISHING TOUCHES** When the chilli has thickened, stir through the kidney beans. Add a sweetener (to taste), the remaining lemon juice (to taste), and seasoning.

**5. TOTALLY SOLD ON TORTILLAS** Cut the flour tortillas in half and cut the halves into strips. Coat in oil and seasoning. Place a pan over medium heat. When hot, add the strips and fry until crispy, 1-2 minutes per side. Drain on paper towel.

**6. DINNER IS SERVED** Bowl up the veggie chilli. Top with the avo slices and drizzle over the cashew cream cheese. Serve the crispy tortillas on the side for dunking and garnish with the coriander. Cheers, Chef!