



UCCOOK

Veggie Black Bean & Coriander Burrito

with caramelised-onion basmati rice & a spicy corn salsa

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Zevenwacht | The Tin Mine Red

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 535kJ | 3438kJ |
| Energy | 128kcal | 823kcal |
| Protein | 3.8g | 24.6g |
| Carbs | 22g | 139g |
| of which sugars | 2.7g | 17.1g |
| Fibre | 2.6g | 16.5g |
| Fat | 2.6g | 16.5g |
| of which saturated | 1.3g | 8.7g |
| Sodium | 175mg | 1126mg |

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 50ml | 100ml | White Basmati Rice <i>rinse</i> |
| 50g | 100g | Corn |
| 120g | 240g | Black Beans <i>drain & rinse</i> |
| 1 | 1 | Onion <i>peel & finely slice ½ [1]</i> |
| 1 | 1 | Tomato <i>rinse & roughly dice ½ [1]</i> |
| 15g | 30g | Sliced Pickled Jalapeños <i>drain & roughly chop</i> |
| 40ml | 80ml | Sour Cream |
| 2 | 4 | Wheat Flour Tortillas |
| 10g | 20g | Fresh Coriander <i>rinse, pick & roughly chop</i> |

From Your Kitchen

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

1. FLUFFY RICE Place the rice in a pot with 100ml [200ml] of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. CHARRED CORN & BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn and the beans until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CARAMELISED ONION RICE Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, mix through the cooked rice, and cover.

4. SPICY SALSA In a bowl, combine the tomato, the jalapeños (to taste), a sweetener (to taste), a drizzle of olive oil, and seasoning. Set aside.

5. SOUR CREAM SAUCE In a small bowl, loosen the sour cream with water in 5ml increments until drizzling consistency. Season and set aside.

6. TOASTED TORTILLAS Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

7. WRAP UP DINNER! Time to assemble! Lay down the toasty tortillas. Smear over ½ the sour cream and top with the onion rice, the coriander, the charred corn and beans, and the spicy tomato salsa. Drizzle over the remaining sour cream and wrap it up. Serve any remaining fillings on the side. Brilliant work, Chef!