

UCCOOK

Fusion Veggie Tacos

with homemade guacamole & charred corn

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

Chef: Guy Greenblat

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	455kj	3901kj
Energy	109kcal	933kcal
Protein	2.9g	24.6g
Carbs	13g	111g
of which sugars	2.7g	22.8g
Fibre	3.9g	33.3g
Fat	4.9g	42.4g
of which saturated	1g	8.5g
Sodium	193mg	1653mg

Allergens: Gluten, Allium, Wheat, Sulphites

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Outcast Patty/ies
50g	100g	Corn
1	1	Onion <i>peel & roughly slice</i>
15ml	30ml	NOMU Mexican Spice Blend
100ml	200ml	Tomato Passata
10g	20g	Chipotle Chillies In Adobo <i>roughly chop</i>
1	1	Avocado
1	1	Tomato <i>rinse & finely dice</i>
10ml	20ml	Lemon Juice
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
2	4	Wheat Flour Tortillas
20g	40g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

1. PERFECT PATTY Remove the patty/ies from the freezer. Place a pan or grill pan over medium-high heat with a generous drizzle of oil. When hot, fry the patty/ies until browned, 2-3 minutes per side. Remove from the pan, drain on paper towel, and cut into bite-sized pieces.

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

3. SAUCY MOMENT Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion until soft and lightly golden, 5-6 minutes. Add the NOMU rub, and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 100ml [200ml] of water. Simmer until thickened, 8-10 minutes. In the final 1-2 minutes, mix in the chipotle (to taste). Remove from the heat, add a sweetener (to taste), mix in the patty pieces, and season.

4. HOMEMADE GUAC Halve the avocado and scoop the avocado flesh into a bowl and mash with a fork. Add the tomato (to taste), the lemon juice (to taste), the coriander, and season.

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

6. TIME TO EAT Top the tortillas with the saucy mixture, the lettuce, the corn, and finish with dollops of the guacamole. Dig in, Chef!