



UCOOK

Mexican Lamb Burrito Bowl

with fluffy brown rice & homemade guacamole

Time for some mouthwatering Mexican food! A nutritious bowl filled with fluffy rice, succulent lamb mince, golden jewels of corn and juicy tomatoes, all topped with yummy homemade guacamole and crunchy chips!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Thea Richter

 Quick & Easy

 Strandveld | First Sighting Shiraz

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Ingredients & Prep

150ml	Brown Rice <i>rinsed</i>
2	Corn Tortillas
120g	Black Beans
1	Tomato
1	Spring Onion
1	Lemon
1	Fresh Chilli
300g	Free-range Lamb Mince
20ml	NOMU Mexican Spice Blend
80g	Corn
1	Avocado
60ml	Sour Cream

From Your Kitchen

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

1. HAVE A RICE DAY Place the rinsed rice in a pot with 500ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. PREP STEP Cut the tortillas into quarters. Drain and rinse the black beans. Roughly dice the tomato. Rinse, trim, and thinly slice the spring onion. Cut the lemon into wedges. Trim, de-seed, and finely chop the chilli.

3. TORTILLA CHIPS Place a pan over medium-high heat. When hot, add the tortilla quarters and fry until crispy, 1-2 minutes per side. Remove and drain on paper towel.

4. SPICY LAMB Return the pan, wiped down, to a high heat with a drizzle of oil. When hot, add in the lamb mince and ½ the NOMU spice blend. Work quickly to break it up as it starts to cook. Caramelise until browned, 5-6 minutes (stirring occasionally). Season to taste, remove from the pan and cover to keep warm.

5. CORN & BEANS Return the pan to a medium heat with a drizzle of oil. When hot, fry the corn and rinsed black beans until lightly charred, 3-4 minutes. In the final 1-2 minutes, baste with the remaining NOMU spice blend. Set aside. Peel the avocado. In a bowl, mash the peeled avocado with a fork. Season.

6. MEXICAN FEAST In a big serving bowl, place the rice, the lamb mince, the diced tomatoes and the charred corn side by side in a circular direction. Place a dollop of your guacamole and the sour cream on top and arrange your tortilla chips around it. Sprinkle with the sliced spring onion and side with the lemon wedges. Sprinkle over the chopped chilli (to taste). This is a serving suggestion, but ultimately the design of the bowl is up to you!



Chef's Tip

If you have any leftover chilli, place it in a small pot with enough oil to cover the base. Place over a medium heat for 5 minutes, stirring often. Remove from the heat and cool. Place in a bottle or jar and use as you please!

Nutritional Information

Per 100g

Energy	741kJ
Energy	177kcal
Protein	7.7g
Carbs	15g
of which sugars	1.6g
Fibre	3.9g
Fat	10.3g
of which saturated	2.9g
Sodium	137mg

Allergens

Dairy, Allium

Cook
within 3
Days