

Eat Within 4 Days

Barbacoa-style Beef & Rice

with piquanté peppers & sour cream

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterford Estate | Waterford Pecan Stream Pebble Hill

Nutritional Info	Per 100g	Per Portion
Energy	725kJ	3880kJ
Energy	173kcal	928kcal
Protein	9.3g	49.7g
Carbs	21g	112g
of which sugars	2.6g	13.9g
Fibre	1.9g	9.9g
Fat	3.4g	18.1g
of which saturated	1.4g	7.2g
Sodium	183mg	976mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Moderate

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice *rinse*
160g	320g	Beef Sirloin
1	2	Spring Onion/s *rinse, trim & roughly slice*
50g	100g	Corn
1	1	Garlic Clove *peel & grate*
15ml	30ml	Spice Blend *(10ml [20ml] NOMU Mexican Spice Blend & 5ml [10ml] Dried Oregano)*
50ml	100ml	Tomato Passata
25ml	50ml	Orange Juice
5ml	10ml	Beef Stock
60g	120g	Black Beans *drain & rinse*
40ml	80ml	Sour Cream
20g	40g	Piquanté Peppers *drain*

From Your Kitchen

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

1. RICE Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. BEEF Place a pan over medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. SAUCE Return the pan to medium heat with all the pan juices. Fry the spring onion, corn, garlic, and spice blend until fragrant, 3-4 minutes. Mix in the tomato passata, orange juice, beef stock and 100ml [200ml] of water. Simmer until thickening, 6-8 minutes. In the final 2-3 minutes, add the beans and continue to simmer until warmed through. Remove from the heat and season.

4. DINNER IS READY Make a bed of the rice, top with the beef, barbacoa-style sauce, and dollops of sour cream. Garnish with a scatter of the peppers and enjoy, Chef!