



# UCCOOK

## Chipotle Mushrooms & Butter Bean Mash

with roasted broccoli & carrots

**Hands-on Time:** 35 minutes

**Overall Time:** 40 minutes

**Veggie:** Serves 1 & 2

**Chef:** Maxine Aufrichtig

**Wine Pairing:** Zevenwacht | Estate Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	216kJ	1441kJ
Energy	52kcal	345kcal
Protein	2.7g	18.2g
Carbs	9g	63g
of which sugars	2.9g	19.1g
Fibre	2.9g	19.1g
Fat	0.3g	2g
of which saturated	0g	0.2g
Sodium	88mg	586mg

**Allergens:** Allium, Sulphites

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1		[Serves 2]
100g	200g	Broccoli Florets <i>rinse</i>
120g		Carrots <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
5ml	10ml	Cumin Seeds
125g	250g	Button Mushrooms <i>wipe clean &amp; cut in half</i>
1	1	Onion <i>peel &amp; roughly slice ½ [1]</i>
10g	20g	Chipotle Chillies In Adobo <i>finely chop</i>
15ml	30ml	Tomato Paste
1	1	Garlic Clove <i>peel &amp; grate</i>
120g	240g	Butter Beans <i>drain &amp; rinse</i>
10ml	20ml	Lemon Juice

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

**1. ROAST** Boil the kettle. Preheat the oven to 200°C. Place the broccoli and the carrot on a roasting tray. Coat in oil, the cumin seeds, and seasoning. Roast in the hot oven until cooked through and crispy, 15-20 minutes (shifting halfway).

**2. SPICY MUSHIES** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mushrooms and the onion until soft and turning golden, 5-6 minutes (shifting occasionally). Add the chillies (to taste), the tomato paste, and the garlic, and fry until fragrant, 1-2 minutes. Pour in 50ml [100ml] of water and simmer until almost evaporated, 1-2 minutes. Remove from the heat and season.

**3. BEAN MASH** Submerge the beans in boiling water until heated through, 3-5 minutes. Drain and mash with a fork or potato masher. Loosen with a splash of warm water, if necessary.

**4. TIME TO EAT** Plate up the bean mash, and side with the roasted veggies and the spicy mushrooms with all the pan juices. Drizzle over the lemon juice (to taste). Enjoy, Chef!