

UCOOK

Mexi Veggie Burrito

with an avocado salsa & sour cream

Soft flour tortillas encase a plethora of tasty elements! Outcast burger mix, black beans, tomato and grated cheese! They are served with avocado salsa, and zingy sour cream. You certainly won't miss the meat, these veggie-packed burritos can stand strong on their own!


Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Jeannette Joynt

 Veggie

 Boschendal | Boschen Blanc

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Ingredients & Prep

110g	Outcast Burger Mix
100g	Corn
20ml	NOMU Mexican Rub
200g	Cooked Chopped Tomato
120g	Black Beans <i>drained & rinsed</i>
1	Avocado
1	Tomato <i>diced</i>
8g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
65ml	Sour Cream
1	Lemon <i>cut into wedges</i>
4	Wheat Flour Tortillas
60g	Grated Mozzarella & Cheddar Cheese Mix

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. IT'S NOT MEAT? THAT'S NEAT! Boil a full kettle. Place the burger mix, a pinch of salt, and 200ml of boiling water in a shallow bowl. Mix well to combine, but not for longer than about 30 seconds. Cover with a plate and set aside for at least 10 minutes.

2. CHARRED CORN Place a nonstick pan over a medium high heat. When hot, fry the corn for 3-4 minutes until charred, shifting occasionally. Remove from the pan and set aside.

3. FINISH THE 'MINCE' Return the pan to a medium heat with a drizzle of oil. When hot, add the rehydrated burger mix and the rub and work quickly to break it up as it starts to cook. Leave to caramelise for 3-4 minutes until browned, shifting occasionally. Pour in the cooked chopped tomato and 100ml of boiling water. Leave to simmer for 2-3 minutes until slightly reduced, stirring occasionally. Add the rinsed black beans and leave to simmer for a further 2-3 minutes, stirring occasionally, until thickened. Remove from the heat and season with salt, pepper and a sweetener of choice.

4. LET'S SALSA Halve the avocado and remove the pip. Scoop out the avocado flesh. Roughly dice the avocado flesh and place in a bowl. Add ½ the charred corn, ½ the diced tomato, ½ the chopped coriander, a drizzle of oil, and seasoning. Toss until fully combined. In a separate bowl, combine the sour cream, the juice of 2 lemon wedges, the remaining coriander and seasoning.

5. TORTILLA TIME Place a pan over a medium heat. When hot, dry toast the tortillas one at a time for 30-60 seconds per side until heated and lightly crisped. Remove from the pan on completion.

6. BRING ME THOSE BURRITOS! Lay down a tortilla and spoon over the warm 'mince' and bean mix. Sprinkle over the grated cheese, and the remaining charred corn and tomato. Spoon some of the avocado salsa on top and wrap it up. Serve with the remaining avocado salsa and the lemony sour cream on the side. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	585kj
Energy	140Kcal
Protein	4.7g
Carbs	16g
of which sugars	2.8g
Fibre	4.8g
Fat	6.3g
of which saturated	1.9g
Sodium	295mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within 3
Days