



UCCOOK

Shredded Lamb Burrito

with guacamole & sour cream

Crispy toasted tortillas are filled with spiced shredded lamb, spicy basmati rice, sweet corn gems, chunky homemade guacamole and a refreshing sour cream drizzle! All of these delicious fillings are wrapped up tightly to create the perfect little dinner bundle, served alongside all of the remaining fillings for extra yum in every bite!

Hands-On Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Aisling Kenny

 Adventurous Foodie

 Boschendal | Nicolas

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Ingredients & Prep

640g	Free-range Deboned Lamb Leg
40ml	NOMU Mexican Spice Blend
300ml	White Basmati Rice
80ml	Colleen's Smoked Paprika Chilli Sauce
2	Avocados
15g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
200g	Corn
85ml	Sour Cream
8	Wheat Flour Tortillas

From Your Kitchen

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

1. LAMB IS LIFE Boil the kettle. Pat the lamb dry with some paper towel. Fill a pot with 400ml of boiling water and place over a medium heat. Add ½ the rub and the lamb. Leave to simmer for 15-20 minutes until the lamb is tender and cooked through. Remove the lamb from the pot. Using two forks (one to secure the lamb and the other to shred), gently shred the lamb into thin strips.

2. CHILLI RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 900ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. On completion, drain if necessary and add the chilli sauce (to taste). Mix until fully combined.

3. SMASH THAT AVO! Halve the avocados and remove the pips. Scoop out the avocado flesh and place in a bowl. Add ½ the chopped coriander, seasoning, and a drizzle of olive oil. Mash with a fork or potato masher until mashed and combined. Set aside. In a small bowl, loosen the sour cream with water in 5ml increments until a drizzling consistency.

4. BASTE & CHAR Place a pan over a medium-high heat with a drizzle of oil. When hot, add the shredded lamb and fry for 3-4 minutes until browned, shifting occasionally. In the final minute, baste with a knob of butter and the remaining rub. Season to taste and remove from the pan. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the corn and fry for 4-5 minutes until lightly charred, shifting occasionally. Cover both the lamb and corn to keep them warm.

5. TOASTY TORTILLAS Return the pan, wiped down if necessary, to a medium heat. When hot, dry toast the tortillas one at a time for 30-60 seconds per side until warmed through and lightly crisped.

6. BRING ON THE BURRITOS! Time to assemble! Lay down the toasty tortillas. Smear on the homemade guacamole. Top with the spicy rice, the shredded lamb, and the charred corn. Drizzle over the loosened sour cream. Wrap it up, sprinkle over the remaining coriander. Serve any remaining fillings on the side. Brilliant work, Chef!

Nutritional Information

Per 100g

Energy	968kJ
Energy	231Kcal
Protein	8.1g
Carbs	23g
of which sugars	1.7g
Fibre	3.1g
Fat	12.1g
of which saturated	4.1g
Sodium	244mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days