



# U C O O K

— COOKING MADE EASY

## BBQ Pork Burrito Bowl

**with nutty basmati, charred corn & crème fraîche**

Need extra down time? This stress-free Mexican dinner is for you! A bowlful of brown basmati rice, soaked in caramelised pork mince with BBQ sauce, black beans, and charred corn. Textured with crunchy spring onion and luscious crème fraîche.

---

**Hands-On Time:** 30 minutes

**Overall Time:** 50 minutes

---

**Serves:** 2 People

---

**Chef:** Kate Gomba

---

 **Easy Peasy**

---

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients & Prep

|       |   |
|-------|---|
| 150ml | Brown Basmati Rice                                  |
| 100g  | Corn<br><i>drained</i>                              |
| 240g  | Black Beans<br><i>drained &amp; rinsed</i>          |
| 10ml  | Beef Stock  |
| 300g  | Pork Mince  |
| 20ml  | NOMU Mexican Spice Blend                            |
| 40g   | Green Leaves<br><i>rinsed &amp; gently shredded</i> |
| 100g  | Cucumber<br><i>sliced into thin half-moons</i>      |
| 85ml  | Crème Fraîche                                       |
| 85ml  | Clarks Kitchen Bourbon BBQ Sauce                    |
| 2     | Spring Onion<br><i>thinly sliced</i>                |

## From Your Kitchen

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

**1. GET GOING WITH THE RICE** Rinse the rice and place in a pot over a medium-high heat. Submerge in 500ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary and fluff up with a fork.

**2. CHARRED CORN & BEANS** Boil the kettle. Place a pan over a high heat with a drizzle of oil or a knob of butter. When hot, fry the drained corn for 4-5 minutes until charred, shifting occasionally. Add the drained black beans and fry for 2-3 minutes until heated through. Remove from the pan on completion and set aside. Dilute the stock with 100ml of boiling water.

**3. MEXI PORK MINCE** Wipe down the pan if necessary and return it to a high heat with another drizzle of oil. When hot, add in the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 3-4 minutes, stirring occasionally. Mix through the Mexican spice blend to taste and fry for another 1-2 minutes until fragrant and browned. Stir in the diluted stock and simmer for 3-4 minutes until slightly reduced.

**4. WHILE THE SAUCE IS SIMMERING...** Place the shredded green leaves and cucumber half-moons in a bowl. Toss through a drizzle of olive oil and some seasoning. Loosen the crème fraîche with a splash of water and season to taste. Set both aside for serving.

**5. BBQ IT UP** When the mince is nearing completion, add in the BBQ sauce, then stir through the corn and beans until reheated. Season to taste and remove the pan from the heat.

**6. BUEN PROVECHO!** Make a pile of steamy rice and smother in saucy Mexican mince. Garnish with dollops of crème fraîche and sprinklings of sliced spring onion. Serve with the fresh green salad on the side. Well done, Chef!



## Chef's Tip

Ingredients for Clarks Kitchen Bourbon BBQ sauce: tomato paste, vegetable oil, vinegar, molasses, water, bourbon (Jack Daniels), garlic, salt, mustard, spices.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 827kj   |
| Energy             | 198Kcal |
| Protein            | 7.9g    |
| Carbs              | 18g     |
| of which sugars    | 2.5g    |
| Fibre              | 2.8g    |
| Fat                | 10.5g   |
| of which saturated | 4.2g    |
| Sodium             | 444mg   |

## Allergens

Dairy, Allium, Sulphites, Alcohol

Cook  
within 2  
Days