



UCCOOK

Mouthwatering Black Bean Chilli

with basmati rice

A warm, comforting and flavour-packed dinner. Fluffy basmati rice is smothered in a rich black bean chilli. It is dolloped with sour cream for freshness, and scattered with fresh coriander for an aromatic finish. Vegetarian or not, you'll be going back for thirds!

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Thea Richter

Veggie

 Neil Ellis Wines | Neil Ellis Groenekloof Syrah 2021

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Ingredients & Prep

300ml	White Basmati Rice <i>rinse</i>
2	Onions <i>peel & finely slice</i>
480g	Carrot <i>rinse, trim & roughly chop</i>
2	Garlic Cloves <i>peel & grate</i>
2	Fresh Chillies <i>deseed & roughly slice</i>
40ml	NOMU Mexican Spice Blend
480g	Black Beans <i>drain & rinse</i>
200g	Corn
800g	Cooked Chopped Tomato
200ml	Sour Cream
10g	Fresh Coriander <i>rinse & pick</i>
2	Limes <i>cut into wedges</i>

From Your Kitchen

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

1. RICE & SHINE Place the rinsed rice in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. WELCOME TO FLAVOUR TOWN Boil the kettle. Place a pot, large enough for the bean chilli, over medium-high heat. When hot, add the sliced onion and the chopped carrot, and fry until soft, 4-5 minutes (shifting occasionally). Add the grated garlic, ½ the sliced chilli (to taste), and the spice blend. Fry until fragrant, 1 minute (shifting constantly). Add the rinsed black beans, the corn, the cooked chopped tomato, and 600ml of boiling water. Leave to simmer until reduced and thickened, 10-15 minutes (stirring occasionally)

3. ALMOST THERE... When the bean chilli is done, add seasoning and a sweetener (to taste).

4. BEAN THERE, ATE THAT! Plate up a generous helping of the rice and smother in the black bean chilli. Dollop over the sour cream. Top with the remaining chilli (to taste) and the picked coriander. Serve with a lime wedge. Dive in, Chef!

5. IN CASE YOU MISSED IT... UCOOK has a delicious range of Frozen Craft Meals! If you liked your Mexican Black Bean Chilli meal kit, why not try our Smoky Bean Chilli?

Nutritional Information

Per 100g

Energy	396kJ
Energy	95kcal
Protein	3g
Carbs	17g
of which sugars	3.2g
Fibre	2.5g
Fat	1.6g
of which saturated	0.8g
Sodium	153mg

Allergens

Allium, Cow's Milk

Eat
Within
4 Days