



UCCOOK

Spicy Chipotle Beef Bowl

with jasmine rice, jalapeños & sour cream

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Nitída | Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	483kJ	4250kJ
Energy	115kcal	1016kcal
Protein	4.9g	42.9g
Carbs	14g	121g
of which sugars	2.6g	22.5g
Fibre	1.7g	14.9g
Fat	4.5g	39.2g
of which saturated	1.8g	15.5g
Sodium	155mg	1363mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice <i>rinse</i>
450g	600g	Beef Mince
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
45ml	60ml	NOMU Spanish Rub
30g	40g	Chipotle Chillies In Adobo <i>roughly chop</i>
300ml	400ml	Tomato Passata
2	2	Bell Peppers <i>rinse, deseed & dice 1½ [2]</i>
180g	240g	Black Beans <i>drain & rinse</i>
125ml	160ml	Sour Cream
30ml	40ml	Lime Juice
8g	10g	Fresh Chives <i>rinse & finely chop</i>
30g	40g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey

1. FLUFFY RICE Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. BROWN MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally).

3. CHIPOTLE BEEF Add the onions to the pan and fry until soft, 5-7 minutes. Mix in the NOMU rub and the chipotle chillies (to taste). Fry until fragrant, 30-60 seconds. Add the tomato passata and 450ml [600ml] of water. Simmer until reduced and thickening, 15-20 minutes. In the final 3-4 minutes, mix in the peppers, the beans, and seasoning. Remove from the heat and add a sweetener (to taste).

4. ZESTY SOUR CREAM In a small bowl, combine the sour cream, the lime juice, the chives, and season.

5. TIME TO EAT Bowl up the fluffy rice, spoon over the flavourful mince, and drizzle over the sour cream. Garnish with the jalapeños (to taste).