



# UCOOK

## Loaded Lamb Chile

with fresh coriander & sour cream

A spicy bowl of comfort is on the menu tonight, Chef! Browned lamb mince is loaded with charred corn, fried onion, then embraced by tangy cooked tomato, an aromatic spice mix & meaty kidney beans. Finished with creamy avo slices and a coriander sour cream.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes


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**Serves:** 2 People


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**Chef:** Jason Johnson

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 Carb Conscious

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 Harry Hartman | Somesay Shiraz

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## Ingredients & Prep

1	Onion <i>peeled &amp; roughly diced</i>
300g	Free-range Lamb Mince
80g	Corn
20ml	Tomato Paste
400g	Cooked Chopped Tomato
40ml	Spice Mix <i>(20ml NOMU Mexican Spice Blend &amp; 20ml Paprika)</i>
1	Avocado
30ml	Lemon Juice
8g	Fresh Coriander <i>rinsed, picked &amp; finely chopped</i>
60ml	Sour Cream
120g	Kidney Beans <i>drained &amp; rinsed</i>

## From Your Kitchen

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

**1. YOU CAN CON CARNE** Place a pot over medium heat with a drizzle of oil. When hot, add the diced onion and fry until soft, 3-4 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the corn and fry until lightly charred, 3-4 minutes (shifting occasionally).

**2. CHOP-CHOP!** When the corn is charred, add the tomato paste and fry until fragrant, 30-60 seconds (shifting constantly). Add the cooked chopped tomato, the spice mix, and 200ml of water. Bring to a boil and simmer until slightly thickened, 6-8 minutes (stirring occasionally).

**3. HAVE SOME AVO** While the con carne is simmering, halve the avocado and remove the pip. Peel the skin off, keeping the flesh intact. Thinly slice the avocado. Drizzle over ½ the lemon juice and season.

**4. CORIANDER SOUR CREAM** In a small bowl, mix the sour cream with ½ the chopped coriander. Loosen with water in 5ml increments until drizzling consistency. Set aside.

**5. FINISHING TOUCHES** When the con carne has thickened, stir through the drained kidney beans. Add a sweetener, the remaining lemon juice, and seasoning.

**6. DINNER IS SERVED** Bowl up the lamb con carne. Top with the avo slices and drizzle over the coriander sour cream. Garnish with the remaining coriander. Cheers, Chef!

## Nutritional Information

Per 100g

Energy	541kJ
Energy	129kcal
Protein	7g
Carbs	9g
of which sugars	2.9g
Fibre	3.2g
Fat	7.8g
of which saturated	2.5g
Sodium	140mg

## Allergens

Dairy, Allium

Cook  
within 3  
Days