



# UCCOOK

## Veggie Black Bean & Coriander Burrito

with caramelised-onion basmati rice & a spicy corn salsa

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Morgan Otten

**Wine Pairing:** Bertha Wines | Bertha Sauvignon Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 535kJ    | 3438kJ      |
| Energy             | 128kcal  | 823kcal     |
| Protein            | 3.8g     | 24.6g       |
| Carbs              | 22g      | 139g        |
| of which sugars    | 2.7g     | 17.1g       |
| Fibre              | 2.6g     | 16.5g       |
| Fat                | 2.6g     | 16.5g       |
| of which saturated | 1.3g     | 8.7g        |
| Sodium             | 175mg    | 1126mg      |

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites

**Spice Level:** Hot

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                             |
|----------|------------|-------------------------------------------------------------|
| 50ml     | 100ml      | White Basmati Rice<br><i>rinse</i>                          |
| 50g      | 100g       | Corn                                                        |
| 120g     | 240g       | Black Beans<br><i>drain &amp; rinse</i>                     |
| 1        | 1          | Onion<br><i>peel &amp; finely slice</i>                     |
| 1        | 1          | Tomato<br><i>rinse &amp; roughly dice</i>                   |
| 15g      | 30g        | Sliced Pickled Jalapeños<br><i>drain &amp; roughly chop</i> |
| 40ml     | 80ml       | Sour Cream                                                  |
| 2        | 4          | Wheat Flour Tortillas                                       |
| 10g      | 20g        | Fresh Coriander<br><i>rinse, pick &amp; roughly chop</i>    |

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Butter (optional)

Seasoning (salt & pepper)

**1. FLUFFY RICE** Place the rice in a pot with 100ml [200ml] of salted water. Cover 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. CHARRED CORN & BEANS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn and the beans until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CARAMELISED ONION RICE** Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, mix through the cooked rice, and cover.

**4. SPICY SALSA** In a bowl, combine the tomato, the jalapeños (to taste), a sweetener (to taste), a drizzle of olive oil, and seasoning. Set aside.

**5. SOUR CREAM SAUCE** In a small bowl, loosen the sour cream with water in 5ml increments until drizzling consistency. Season and set aside.

**6. TOASTED TORTILLAS** Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

**7. WRAP UP DINNER!** Time to assemble! Lay down the toasty tortillas. Smear over ½ the sour cream and top with the onion rice, the coriander, the charred corn and beans, and the spicy tomato salsa. Drizzle over the remaining sour cream and wrap it up. Serve any remaining fillings on the side. Brilliant work, Chef!