



# UCCOOK

## Spicy Lamb Bean Chilli

with lamb meatballs & sour cream

A fiery classic you can whip up in no time! Mouth-watering, delicious lamb meatball & bean chilli is served with crispy toasted tortilla triangles and a dollop of sour cream. This crowd-pleaser will have you licking out the plate!

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**Hands-on Time:** 10 minutes

**Overall Time:** 25 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Quick & Easy

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 Paserene | Dark Shiraz

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## Ingredients & Prep

150g	Free-range Lamb Mince
1	Onion <i>peeled &amp; ¼ finely diced &amp; ¼ roughly sliced</i>
10ml	NOMU Spanish Rub
50g	Corn
1	Fresh Chilli <i>rinsed, deseeded &amp; roughly chopped</i>
100g	Cooked Chopped Tomato
120g	Kidney Beans <i>drained &amp; rinsed</i>
3g	Fresh Chives
30ml	Sour Cream
1	Wheat Flour Tortilla
30g	Grated White Cheddar Cheese

## From Your Kitchen

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

**1. MIX THE MEATBALLS** In a bowl, combine the mince, the diced onion (to taste), seasoning, and ½ the NOMU rub. Wet your hands slightly to stop the mixture from sticking to them and roll into 4-5 meatballs.

**2. FRYING FRENZY** Place a pan, with a lid, over medium heat with a drizzle of oil. When hot, add the meatballs and fry until browned but not cooked through, 1-2 minutes per side. Remove from the pan.

**3. CHILLI CON CAN!** Return the pan to medium heat with a drizzle of oil. When hot, add the sliced onion and the corn and fry until soft, 3-4 minutes (shifting occasionally). Add the chopped chilli (to taste) and the remaining rub. Fry until fragrant, 1-2 minutes (shifting constantly). Add the cooked chopped tomato, 100ml of water, and the browned meatballs. Once simmering, reduce the heat and cook until reduced and thickened, 10-12 minutes (stirring occasionally). In the final 3-4 minutes, add the drained kidney beans.

**4. TOASTY TORTILLAS** While the sauce is simmering, rinse and roughly chop the chives. In a bowl, combine the sour cream, ½ the chopped chives, and seasoning. Place a pan over medium-high heat. When hot, add the tortilla and toast until golden, 1-2 minutes per side. Slice into quarters.

**5. MMMELTED CHEESE** When the chilli con carne is done, add seasoning and a sweetener. Sprinkle over the grated cheese and cover with the lid to melt, 1-2 minutes.

**6. DIVE IN!** Plate up the cheesy chilli con carne. Side with the tortilla quarters and dollop over the chive sour cream. Garnish with the remaining chives. There you go, Chef!

## Nutritional Information

Per 100g

Energy	690kJ
Energy	165kcal
Protein	10.1g
Carbs	12g
of which sugars	2.8g
Fibre	2.6g
Fat	8g
of which saturated	3.6g
Sodium	212mg

## Allergens

Gluten, Dairy, Allium, Wheat

Cook  
within 3  
Days