



UCCOOK

Quick Cheesy Beef Mince

with a spicy tomato salsa & kidney beans

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info	Per 100g	Per Portion
Energy	529kJ	4632kJ
Energy	126kcal	1108kcal
Protein	6.8g	59.7g
Carbs	10g	87g
of which sugars	2.1g	18.3g
Fibre	1.9g	17g
Fat	6.2g	54g
of which saturated	2.9g	25.3g
Sodium	185mg	1622mg

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

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Beef Mince
1	1	Spring Onion <i>rinse & roughly slice</i>
1	1	Bell Pepper <i>rinse, deseed & dice ½ [1]</i>
10ml	20ml	NOMU Spanish Rub
50ml	100ml	Tomato Passata
60g	120g	Kidney Beans <i>drain & rinse</i>
60g	120g	Grated Mozzarella & Cheddar Cheese
1	1	Tomato <i>rinse & roughly dice</i>
10ml	20ml	Dried Chilli Flakes
40ml	80ml	Low Fat Plain Yoghurt
10ml	20ml	Lemon Juice
2	4	Wheat Flour Tortillas

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

1. 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. Add $\frac{3}{4}$ of the spring onion, and $\frac{3}{4}$ of the peppers, and fry until lightly golden, 4-5 minutes (shifting occasionally). Add the NOMU rub and fry until fragrant, 1-2 minutes. Mix in the tomato passata, the beans, 50ml [100ml] of water, and simmer until reduced and saucy, 4-6 minutes. Add a sweetener (to taste) and season. Sprinkle the cheese on top and let it melt for 1-2 minutes. Remove from the heat.

2. SOME PREP In a bowl, combine the tomato, the remaining onion, the remaining peppers, the chilli flakes (to taste), a drizzle of olive oil, and season. In a small bowl, combine the yoghurt and the lemon juice (to taste).

3. TOAST Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate and heat up in the microwave, 30-60 seconds.

4. IT'S THAT TIME Plate up the loaded mince, side with the toasted tortillas, sprinkle over the spicy tomato salsa, and dollop over the lemony yoghurt. Dig in, Chef!