

U COOK



Barbacoa-style Beef & Rice

with piquanté peppers & sour cream

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	608.2kJ	3617.4kJ
Energy	145.4kcal	865kcal
Protein	9.1g	54.2g
Carbs	21g	122.3g
of which sugars	2.5g	14.7g
Fibre	2.1g	12.7g
Fat	2.7g	16.2g
of which saturated	1.2g	7.1g
Sodium	190.3mg	1132.2mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

300ml	400ml	Jasmine Rice <i>rinse</i>
450g	600g	Beef Schnitzel (without crumb)
3	4	Spring Onions <i>rinse, trim & roughly slice</i>
150g	200g	Corn
2	2	Garlic Cloves <i>peel & grate</i>
45ml	60ml	Spice Blend <i>(30ml [40ml] NOMU Mexican Spice Blend & 15ml [20ml] Dried Oregano)</i>
150ml	200ml	Tomato Passata
75ml	100ml	Orange Juice
15ml	20ml	Beef Stock
360g	480g	Black Beans <i>drain & rinse</i>
150ml	200ml	Sour Cream
60g	80g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. 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. BEEF Place a pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 20-30 seconds per side. In the final 30 seconds, baste with a knob of butter. Remove from the pan. Cut into bite-sized pieces, season and set aside.

3. SAUCE Return the pan to medium heat with all the pan juices. Fry the spring onion, corn, garlic, and spice blend until fragrant, 5-6 minutes. Mix in the tomato passata, orange juice, beef stock and 300ml [400ml] of water. Simmer until thickening, 10-12 minutes. In the final 4-5 minutes, add the beans and the beef and continue to simmer until warmed through. Remove from the heat and season.

4. DINNER IS READY Make a bed of the rice, top with barbacoa-style beef and dollops of sour cream. Garnish with a scatter of the peppers and enjoy, Chef!