



UCOOK

Quick Cheesy Beef Mince

with a spicy tomato salsa & kidney beans

Spain arrives via the culinary plane and arrives on your plate as melted cheese covering browned mince, which is dotted with kidney beans, silky onion, charred peppers & spiced with NOMU Spanish rub. A tangy tomato salsa with a kick is spooned over toasted tortillas and a zesty yoghurt for balance completes the meal. Nothing here to complain about, Chef!

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Kate Gomba

Quick & Easy

Cathedral Cellar Wines | Cathedral Cellar-Pinotage 2020

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

450g	Free-range Beef Mince
3	Spring Onions <i>rinse & roughly slice</i>
3	Bell Peppers <i>rinse, deseed & dice 1½</i>
30ml	NOMU Spanish Rub
150ml	Tomato Passata
180g	Kidney Beans <i>drain & rinse</i>
180g	Grated Mozzarella & Cheddar Cheese
2	Tomatoes <i>rinse & roughly dice 1½</i>
30ml	Dried Chilli Flakes
125ml	Low Fat Plain Yoghurt
30ml	Lemon Juice
6	Wheat Flour Tortillas

From Your Kitchen

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

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 sliced spring onion, $\frac{3}{4}$ of the diced peppers, and fry until lightly golden, 5-6 minutes (shifting occasionally). Add the NOMU rub and fry until fragrant, 1-2 minutes. Mix in the tomato passata, the rinsed beans, 150ml of water, and simmer until reduced and saucy, 6-8 minutes. Add a sweetener (to taste) and season. Sprinkle the cheese on top and let it melt for 1-2 minutes. Remove from heat.

2. SOME PREP In a bowl, combine the diced tomatoes, 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!

Nutritional Information

Per 100g

Energy	529kJ
Energy	126kcal
Protein	6.8g
Carbs	10g
of which sugars	2.1g
Fibre	1.9g
Fat	6.2g
of which saturated	2.9g
Sodium	185mg

Allergens

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

Eat
Within
3 Days