



# UCOOK

## BBQ Beef Burrito Bowl

with brown rice, corn & tomato salsa, and creamy guacamole

With this quick burrito bowl recipe, you can expect a base of brown basmati rice, fresh green leaves, a layer of barbeque bean & mince mix, and a colourful charred corn & tangy tomato salsa. All generously dolloped with creamy guacamole.

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 4 People

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**Chef:** Rhea Hsu

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 Quick & Easy

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 Strandveld | Grenache

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## Ingredients & Prep

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400ml	Brown Basmati Rice <i>rinsed</i>
2	Onions
240g	Black Beans
2	Tomatoes
2	Lemons
80g	Green Leaves
15g	Fresh Coriander
160g	Guacamole
80ml	Sour Cream
200g	Corn
600g	Free-range Beef Mince
200ml	BBQ Sauce

## From Your Kitchen

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

**1. NICE RICE** Place the rinsed rice in a pot with 900ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

**2. PREP STEP** Peel and roughly slice the onions. Drain and rinse the black beans. Dice the tomatoes. Cut the lemons into wedges. Rinse and shred the green leaves. Rinse, pick and roughly chop the coriander.

**3. GUAC & SALSA** In a small bowl, combine the guacamole, the sour cream, ½ the chopped coriander and seasoning. Set aside. In a separate bowl, combine the diced tomatoes, a squeeze of lemon juice, a drizzle of olive oil, a sweetener, and seasoning.

**4. CHAR THE CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and add to the bowl with the tomatoes.

**5. MINCE & BEANS** Return the pan to high heat with a drizzle of oil. When hot, add the mince and the sliced onion. Work quickly to break the mince up as it starts to cook. Caramelize until browned, 6-8 minutes (shifting occasionally). In the final 2-3 minutes, add the drained black beans. Remove from the heat and stir through the BBQ sauce and seasoning.

**6. BOWL 'EM OVER** Bowl up the brown rice. Top with the shredded green leaves, the BBQ mince mix, the corn & tomato salsa, and the creamy guacamole. Garnish with the remaining coriander, and serve with any remaining lemon wedges on the side. Service, Chef!

## Nutritional Information

Per 100g

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Energy	658kJ
Energy	157kcal
Protein	6.5g
Carbs	15g
of which sugars	1.6g
Fibre	2.3g
Fat	6.8g
of which saturated	2.3g
Sodium	111mg

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## Allergens

Dairy, Allium, Sulphites, Sugar Alcohol (Xylitol)

Cook  
within 3  
Days