



# UCOOK

## Smoky Mexican Chicken & Rice

**with kidney beans & a smoky BBQ sauce**

Did you say you were craving Mexican food, Chef? Your culinary wish is our command! A bed of fluffy basmati rice forms the foundation of this dish for the browned chicken mince, dotted with silky pieces of onion & rich kidney beans, coated in a tangy tomato & The Sauce Queen Smokey BBQ Sauce. Finished with fresh chilli & coriander.

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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Simple & Save

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Stettyn Wines | Stettyn Family Range Cabernet  
Sauvignon 2021

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## Ingredients & Prep

|       |                                                                 |
|-------|-----------------------------------------------------------------|
| 300ml | White Basmati Rice<br><i>rinse</i>                              |
| 450g  | Free-range Chicken Mince                                        |
| 2     | Onions<br><i>peel &amp; roughly dice 1½</i>                     |
| 15g   | Old Stone Mill Mexican Spice                                    |
| 150g  | Cooked Chopped Tomato                                           |
| 60ml  | The Sauce Queen Smokey BBQ Sauce                                |
| 180g  | Kidney Beans<br><i>drain &amp; rinse</i>                        |
| 2     | Fresh Chillies<br><i>rinse, trim, deseed &amp; roughly chop</i> |
| 8g    | Fresh Coriander<br><i>rinse, pick &amp; roughly chop</i>        |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)

**1. RICE** Place the rinsed rice in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. BROWN THE MINCE** Place a pan over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally).

**3. SAUCY MINCE** Add the diced onion to the pan and fry until soft, 5-6 minutes. Add the Mexican spice and fry until fragrant, 1-2 minutes. Mix in the cooked chopped tomato and 300ml of water. Simmer until reduced and slightly thickening, 10-12 minutes. In the final 3-4 minutes, mix in the BBQ sauce, and the rinsed beans. Remove from the heat and season.

**4. LA CENA ESTÁ LISTA** Make a bed of the rice, top with the saucy mince, sprinkle over the chopped chilli (to taste), and garnish with the chopped coriander. Que aproveche, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 579kJ   |
| Energy             | 139kcal |
| Protein            | 7.7g    |
| Carbs              | 20g     |
| of which sugars    | 3g      |
| Fibre              | 1.9g    |
| Fat                | 2.7g    |
| of which saturated | 0.7g    |
| Sodium             | 102mg   |

## Allergens

Allium, Sulphites

Eat  
Within  
1 Day