

UCCOOK

One-Pan Mexican Beef Mince & Cauliflower

with charred corn & spicy sour cream

Are your taste buds ready for some mmmouthwatering Mexican food? They better be, because soon you will be enjoying a loaded caramelised mince dish, layered with a kick of Mexican spice, tangy tomato passata, and melted cheddar cheese. To balance the richness, finish the dish with dollops of jalapeños-chive sour cream.


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

 Carb Conscious

 Paserene | Dark Shiraz

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Ingredients & Prep

450g	Cauliflower Florets <i>cut into bite-sized pieces</i>
150g	Corn
450g	Free-range Beef Mince
2	Onions <i>1½ peeled & finely sliced</i>
360g	Carrot <i>trimmed, peeled (optional) & cut into bite-sized pieces</i>
2	Garlic Cloves <i>peeled & grated</i>
30ml	Mexican Spice
300ml	Tomato Passata
120g	Cheddar Cheese <i>grated</i>
125ml	Sour Cream
30g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>
8g	Fresh Chives <i>rinsed & finely sliced</i>

From Your Kitchen

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

1. CHAR CAULI & CORN Place a deep pan over medium high heat with a drizzle of oil. When hot, fry the cauliflower pieces and corn until charred, 6-8 minutes (shifting occasionally). Remove from the pan.

2. COOK THE MINCE Return the pan to medium heat with a drizzle of oil. 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. COOK THE SAUCE Add the sliced onion and carrot pieces to the pan. Fry until the onion is soft, 5-6 minutes. Add the grated garlic, the Mexican spice, and fry until fragrant, 1-2 minutes. Pour in the tomato passata and 450ml of water. Simmer until reduced and thickening, 12-15 minutes. Add the charred cauli & corn and a sweetener, and mix to combine. Season and sprinkle over the grated cheese. Cook until the cheese is melted, 3-4 minutes.

4. SOME PREP In a small bowl, combine the sour cream, the chopped jalapeños (to taste), ½ of the sliced chives, and seasoning.

5. DINNER IS READY Make a bed of the loaded cheesy one pan, top with dollops of the sour cream, and garnish with the remaining chives.

Nutritional Information

Per 100g

Energy	470kJ
Energy	112kcal
Protein	5.9g
Carbs	7g
of which sugars	3.2g
Fibre	1.6g
Fat	6.5g
of which saturated	2.9g
Sodium	145mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days