



WCOOK

Homemade Crunch Bowl & Smoky Beef

with charred corn & Peruvian green sauce

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Painted Wolf Wines | The Pack Blacktip Mourvèdre

Nutritional Info

	Per 100g	Per Portion
Energy	747kJ	6006kJ
Energy	179kcal	1437kcal
Protein	5.6g	45.3g
Carbs	10g	83g
of which sugars	2.2g	17.6g
Fibre	2.7g	21.4g
Fat	12.8g	102.6g
of which saturated	2.8g	22.9g
Sodium	231mg	1857mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Soy

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Corn
20g	40g	Danish-style Feta <i>drain</i>
50ml	100ml	Hellmann's Original Mayo
3g	5g	Fresh Coriander <i>rinse & pick</i>
150g	300g	Beef Mince
1	1	Onion <i>peel & finely dice ½ [1]</i>
10ml	20ml	Old Stone Mill Mexican Spice
15g	30g	Chipotle Chillies In Adobo <i>finely chop</i>
100ml	200ml	Tomato Passata
60g	120g	Cannellini Beans <i>drain & rinse</i>
1	2	Wheat Flour Tortilla/s
1 unit	1 unit	Guacamole

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Blender
Paper Towel
Seasoning (salt & pepper)

1. CHARRED CORN Preheat the oven to 200°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. MAKE THE SAUCE To a blender, add the feta, the mayo, and $\frac{3}{4}$ of the coriander. Blend until smooth and season.

3. SMOKY MINCE & BEANS Return the pan to 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. Fry until browned, 3-4 [4-5] minutes (shifting occasionally). Add the onion and fry until soft, 3-4 minutes. Add the Mexican spice and the chipotle chillies (to taste). Fry until fragrant, 30-60 seconds. Pour in the tomato passata, 100ml [200ml] of water, and simmer until reduced and thickened, 10-12 minutes. In the final 3-4 minutes, add the beans and cook until warmed through. Remove from the heat. Add a sweetener (to taste) and seasoning.

4. TORTILLA BOWL Place a shallow, oven-proof bowl on a baking tray with the opening facing up. Lightly oil the bowl. Lay the tortilla/s on a flat surface and lightly brush with oil on both sides. Place the tortilla/s in the oiled bowl and gently press into a bowl shape. Place the tray in the hot oven and bake until golden and crispy, 5-8 minutes. Remove from the oven and let the tortilla/s cool down before removing from the bowl. Alternatively, cut the tortilla/s into small triangles. Place a pan over medium-high heat with enough oil to cover the base. Fry the tortilla triangles until golden and crispy, 1-2 minutes (shifting as they colour). Drain on paper towel and season.

5. BOWL 'EM OVER Fill up the tortilla bowls with the loaded smoky mince, sprinkle over the charred corn, and drizzle over the Peruvian sauce. Dollop over the guacamole and garnish with the remaining coriander. Amazing, Chef!