



UCCOOK

Chipotle Mushrooms & Butter Bean Mash

with roasted broccoli & carrots

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Maxine Aufrichtig

Wine Pairing: Zevenwacht | Estate Chenin Blanc

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 216kJ | 1441kJ |
| Energy | 52kcal | 345kcal |
| Protein | 2.7g | 18.2g |
| Carbs | 9g | 63g |
| of which sugars | 2.9g | 19.1g |
| Fibre | 2.9g | 19.1g |
| Fat | 0.3g | 2g |
| of which saturated | 0g | 0.2g |
| Sodium | 88mg | 586mg |

Allergens: Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | | [Serves 2] |
|----------|------|--|
| 100g | 200g | Broccoli Florets <i>rinse</i> |
| 120g | | Carrots <i>rinse, trim, peel & cut into bite-sized pieces</i> |
| 5ml | 10ml | Cumin Seeds |
| 125g | 250g | Button Mushrooms <i>wipe clean & cut in half</i> |
| 1 | 1 | Onion <i>peel & roughly slice ½ [1]</i> |
| 10g | 20g | Chipotle Chillies In Adobo <i>finely chop</i> |
| 15ml | 30ml | Tomato Paste |
| 1 | 1 | Garlic Clove <i>peel & grate</i> |
| 120g | 240g | Butter Beans <i>drain & rinse</i> |
| 10ml | 20ml | Lemon Juice |

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

1. ROAST Boil the kettle. Preheat the oven to 200°C. Place the broccoli and the carrot on a roasting tray. Coat in oil, the cumin seeds, and seasoning. Roast in the hot oven until cooked through and crispy, 15-20 minutes (shifting halfway).

2. SPICY MUSHIES Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mushrooms and the onion until soft and turning golden, 5-6 minutes (shifting occasionally). Add the chillies (to taste), the tomato paste, and the garlic, and fry until fragrant, 1-2 minutes. Pour in 50ml [100ml] of water and simmer until almost evaporated, 1-2 minutes. Remove from the heat and season.

3. BEAN MASH Submerge the beans in boiling water until heated through, 3-5 minutes. Drain and mash with a fork or potato masher. Loosen with a splash of warm water, if necessary.

4. TIME TO EAT Plate up the bean mash, and side with the roasted veggies and the spicy mushrooms with all the pan juices. Drizzle over the lemon juice (to taste). Enjoy, Chef!