



UCOOK

Banging BBQ Burrito Bowl

with pork mince, fluffy basmati rice & crème fraîche

So speedy, so satisfying and oh, so tasty! Juicy caramelised pork mince in BBQ sauce, black beans, and crunchy charred corn; soaking into fluffy basmati and dolloped with crème fraîche and sprinkles of spring onion.

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Easy Peasy

 Cavalli Estate | Filly

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Ingredients & Prep

75ml	White Basmati Rice
50g	Corn
120g	Black Beans <i>drained & rinsed</i>
10ml	Beef Stock
150g	Pork Mince
10ml	NOMU Mexican Spice Blend
50ml	BBQ Bourbon Sauce
20g	Green Leaves <i>rinsed</i>
50g	Cucumber <i>sliced into thin half-moons</i>
50ml	Crème Fraîche
1	Spring Onion <i>rinsed & thinly sliced</i>

From Your Kitchen

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

1. START YOUR FLUFFY RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 150ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. CHARRED CORN & BEANS Boil the kettle. Place a pan over a high heat with a drizzle of oil or a knob of butter. When hot, fry the corn for 3-4 minutes until browning, shifting occasionally. Add the drained black beans and fry for 1-2 minutes until heated through. Remove from the pan on completion and set aside. Dilute the stock with 65ml of boiling water.

3. MEXI MINCE Wipe down the pan if necessary and return it to a high heat with another drizzle of oil. When hot, add in the pork mince and work quickly to break it up as it starts to cook. Allow to caramelise for 2-3 minutes, stirring occasionally. Add the Mexican Rub and fry for another 1-2 minutes until fragrant and browned. Stir in the diluted stock and simmer for 3-4 minutes until slightly reduced. When nearing completion, add the BBQ sauce and the corn and beans, and stir through until reheated. On completion, season to taste and remove the pan from the heat.

4. FRESH TOUCH Place the rinsed green leaves in a bowl. Toss through the cucumber half-moons, a drizzle of olive oil, and seasoning to taste.

5. BUEN PROVECHO! Make a pile of steamy rice and smother in the saucy Mexican mince. Garnish with dollops of crème fraîche and a sprinkling of sliced spring onions. Serve with the fresh green salad on the side. Well done, Chef!



Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

Nutritional Information

Per 100g

Energy	822kJ
Energy	197Kcal
Protein	7.6g
Carbs	17g
of which sugars	2.6g
Fibre	2g
Fat	10.6g
of which saturated	4.4g
Sodium	535mg

Allergens

Dairy, Allium, Sulphites, Alcohol

Cook
within 2
Days