



UCOOK

Homemade Crunch Bowl & Smoky Beef

**with charred corn & Peruvian green
sauce**

If you hate washing dishes, you will absolutely adore this edible tortilla bowl, used as your tasty tableware today, Chef! Filled with wagyu beef mince smothered in a tomato passata sauce and dotted with silky onion, chipotle chillies & beans. Served with charred corn, a homemade green coriander sauce and creamy guacamole.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Suné van Zyl

Adventurous Foodie

Laborie Estate | Laborie Merlot / Cabernet
Savignon

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Ingredients & Prep

50g	Corn
20g	Danish-style Feta <i>drain</i>
50ml	Mayo
3g	Fresh Coriander <i>rinse & pick</i>
10ml	Lemon Juice
150g	Wagyu Beef Mince
1	Onion <i>peel & finely dice ½</i>
15g	Chipotle Chillies In Adobo <i>drain & finely chop</i>
100ml	Tomato Passata
60g	Cannellini Beans <i>drain</i>
1	Wheat Flour Tortilla
1 unit	Guacamole

From Your Kitchen

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

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 drained feta, the mayo, $\frac{3}{4}$ of the rinsed coriander, and the lemon juice (to taste). 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 minutes (shifting occasionally). Add the diced onion and fry until soft, 3-4 minutes. Add the chopped chipotle chillies (to taste) and fry until fragrant, 30-60 seconds. Pour in the tomato passata, 150ml of water, and simmer until reduced and thickened, 10-12 minutes. In the final 3-4 minutes, add the drained 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 on a flat surface and lightly brush with oil on both sides. Place the tortilla 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 cool down before removing from the bowl. Alternatively, cut the tortilla 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 bowl 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 picked coriander. Amazing, Chef!

Nutritional Information

Per 100g

Energy	701kJ
Energy	168kcal
Protein	5.2g
Carbs	10g
of which sugars	2.1g
Fibre	2.6g
Fat	11.9g
of which saturated	2.7g
Sodium	226mg

Allergens

Cow's Milk, Egg, Gluten, Allium,
Wheat, Sulphites

Eat
Within
3 Days