

# 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.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes


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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Carb Conscious

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 Paserene | Dark Shiraz

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## Ingredients & Prep

150g	Cauliflower Florets <i>cut into bite-sized pieces</i>
50g	Corn
150g	Free-range Beef Mince
1	Onion <i>½ peeled &amp; finely sliced</i>
120g	Carrot <i>trimmed, peeled (optional) &amp; cut into bite-sized pieces</i>
1	Garlic Clove <i>peeled &amp; grated</i>
10ml	Mexican Spice
100ml	Tomato Passata
40g	Cheddar Cheese <i>grated</i>
40ml	Sour Cream
10g	Sliced Pickled Jalapeños <i>drained &amp; roughly chopped</i>
3g	Fresh Chives <i>rinsed &amp; 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, 4-6 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, 3-4 minutes (shifting occasionally).

**3. COOK THE SAUCE** Add the sliced onion and carrot pieces to the pan. Fry until the onion is soft, 4-5 minutes. Add the grated garlic, the Mexican spice, and fry until fragrant, 1-2 minutes. Pour in the tomato passata and 150ml of water. Simmer until reduced and thickening, 10-12 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, 2-3 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