



UCOOK

Spicy Lamb Bean Chili

with lamb meatballs & sour cream

A fiery classic you can whip up in no time! Mouth-watering, delicious lamb meatball & bean chili is served with crispy toasted tortilla triangles and a dollop of sour cream. This crowd-pleaser will have you licking out the plate!


Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Paserene | Dark Shiraz

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Ingredients & Prep

150g	Free-range Lamb Mince
1	Onion <i>peeled & ¼ finely diced & ¼ roughly sliced</i>
10ml	NOMU Spanish Rub
50g	Corn
1	Fresh Chilli <i>rinsed, deseeded & roughly chopped</i>
100g	Cooked Chopped Tomato
120g	Kidney Beans <i>drained & rinsed</i>
3g	Fresh Chives
30ml	Sour Cream
1	Wheat Flour Tortilla
30g	Grated White Cheddar Cheese

From Your Kitchen

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

1. MIX THE MEATBALLS In a bowl, combine the mince, the diced onion (to taste), seasoning, and ½ the NOMU rub. Wet your hands slightly to stop the mixture from sticking to them and roll into 4-5 meatballs.

2. FRYING FRENZY Place a pan (with a lid) over medium heat with a drizzle of oil. When hot, add the meatballs and fry until browned but not cooked through, 1-2 minutes per side. Remove from the pan.

3. CHILLI CON CAN! Return the pan to medium heat with a drizzle of oil. When hot, add the sliced onion and the corn, and fry until soft, 3-4 minutes (shifting occasionally). Add the chopped chilli (to taste) and the remaining rub. Fry until fragrant, 1-2 minutes (shifting constantly). Add the cooked chopped tomato, 100ml of water, and the browned meatballs. Once simmering, reduce the heat and cook until reduced and thickened, 10-12 minutes (stirring occasionally). In the final 3-4 minutes, add the drained kidney beans.

4. TOASTY TORTILLAS While the sauce is simmering, rinse and roughly chop the chives. In a bowl, combine the sour cream, ½ the chopped chives, and seasoning. Place a pan over medium-high heat. When hot, add the tortilla and toast until golden, 1-2 minutes per side. Slice into quarters.

5. MMMELTED CHEESE When the chilli con carne is done, add seasoning and a sweetener. Sprinkle over the grated cheese and cover with the lid to melt, 1-2 minutes.

6. DIVE IN! Plate up the cheesy chilli con carne. Side with the tortilla quarters and dollop over the chive sour cream. Garnish with the remaining chives. There you go, Chef!

Nutritional Information

Per 100g

Energy	690kJ
Energy	165kcal
Protein	10.1g
Carbs	12g
of which sugars	2.8g
Fibre	2.6g
Fat	8g
of which saturated	3.6g
Sodium	212mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within 3
Days