



UCOOK

Smoky Mexican Chicken & Rice

with kidney beans & a smoky BBQ sauce

Did you say you were craving Mexican food, Chef? Your culinary wish is our command! A bed of fluffy basmati rice forms the foundation of this dish for the browned chicken mince, dotted with silky pieces of onion & rich kidney beans, coated in a tangy tomato & The Sauce Queen Smokey BBQ Sauce. Finished with fresh chilli & coriander.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

Stettyn Wines | Stettyn Family Range Shiraz

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Ingredients & Prep

100ml	White Basmati Rice <i>rinse</i>
150g	Free-range Chicken Mince
1	Onion <i>peel & roughly dice ½</i>
5ml	Old Stone Mill Mexican Spice
50g	Cooked Chopped Tomato
20ml	The Sauce Queen Smokey BBQ Sauce
60g	Kidney Beans <i>drain & rinse</i>
1	Fresh Chilli <i>rinse, trim, deseed & roughly chop</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Butter (optional)
Seasoning (salt & pepper)

1. RICE Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. BROWN THE MINCE Place a pan over medium-high heat with a drizzle of oil and a knob of butter (optional). 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. SAUCY MINCE Add the diced onion to the pan and fry until soft, 4-5 minutes. Add the Mexican spice and fry until fragrant, 1-2 minutes. Mix in the cooked chopped tomato and 100ml of water. Simmer until reduced and slightly thickening, 8-10 minutes. In the final 2-3 minutes, mix in the BBQ sauce, and the rinsed beans. Remove from the heat and season.

4. LA CENA ESTÁ LISTA Make a bed of the rice, top with the saucy mince, sprinkle over the chopped chilli (to taste), and garnish with the chopped coriander. Que aproveche, Chef!

Nutritional Information

Per 100g

Energy	579kJ
Energy	139kcal
Protein	7.7g
Carbs	20g
of which sugars	3g
Fibre	1.9g
Fat	2.7g
of which saturated	0.7g
Sodium	102mg

Allergens

Allium, Sulphites

Eat
Within
1 Day