



UCOOK

Loaded Beef Burritos

with charred corn & black beans

Time to make some very tasty, toasty tortillas, Chef! These Mexican wraps are loaded with fresh greens, NOMU Mexican spiced beef mince covered in melted cheese, charred corn, rich black beans, tangy tomato, and a kick of jalapeños. Finished with a sour cream guacamole drizzle.


Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Jade Summers

 Fan Faves

 Vergelegen | Premium Cabernet Sauvignon / Merlot

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Ingredients & Prep

200g	Corn
240g	Black Beans <i>drained & rinsed</i>
160g	Guacamole
125ml	Sour Cream
600g	Free-range Beef Mince
40ml	NOMU Mexican Spice Blend
125g	Grated Mozzarella Cheese
8	Wheat Flour Tortillas
80g	Salad Leaves <i>rinsed & finely shredded</i>
2	Tomatoes <i>rinsed & finely diced</i>
40g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>

From Your Kitchen

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

1. CHARRED CORN & BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn and the drained beans until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

2. SOUR CREAM GUAC In a small bowl, combine the guacamole, the sour cream, a drizzle of olive oil, and seasoning. Set aside.

3. CHEESY MEXICAN MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and the NOMU spice blend, working quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). Remove from the heat, season, and scatter over the grated cheese. Cover until melted, 2-3 minutes. Set aside.

4. TOASTY TORTILLA Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

5. MOUTHWATERING MEXICAN Time to assemble! Lay down the toasty tortillas. Top with the shredded leaves, the cheesy mince mixture, the charred corn & beans, the diced tomato, and the chopped jalapeños. Drizzle over the creamy guac and wrap it up. Serve any remaining fillings on the side. Brilliant work, Chef!

Nutritional Information

Per 100g

Energy	786kJ
Energy	188kcal
Protein	8.6g
Carbs	14g
of which sugars	2.2g
Fibre	2g
Fat	10.4g
of which saturated	4.1g
Sodium	298mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days