



UCCOOK

Spicy Beef Bean Chili

with sour cream

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	734kJ	4625kJ
Energy	176kcal	1107kcal
Protein	8.4g	52.8g
Carbs	17g	108g
of which sugars	2g	12.6g
Fibre	1.8g	11.5g
Fat	7.5g	47.2g
of which saturated	3.1g	19.3g
Sodium	94mg	593mg

Allergens: Cow's Milk, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	White Basmati Rice <i>rinse</i>
4	8	Beef Meatballs
75g	150g	Diced Onion
50g	100g	Corn
1	1	Fresh Chilli <i>deseed & finely slice</i>
10ml	20ml	NOMU Taco Mex Mix
100ml	200ml	Tomato Passata
60g	120g	Red Kidney Beans <i>drain & rinse</i>
40ml	80ml	Sour Cream
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

1. RICE Place the rice in a pot with 200ml [400ml] 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. 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, 2-3 minutes (shifting as they colour). Remove from the pan.

3. CHILLI CON CAN! Return the pan to medium heat with a drizzle of oil. Fry the onion and the corn until soft, 5-6 minutes (shifting occasionally). Add the chilli (to taste) and the NOMU rub. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata, 100ml [200ml] of water, and the meatballs. Simmer until reduced and thickened, 10-12 minutes (stirring occasionally). In the final 3-4 minutes, add the kidney beans. Add a sweetener (to taste) and seasoning.

4. TIME TO DINE Bowl up the rice, top with the spicy beef bean chilli, add a dollop of sour cream, and garnish with the coriander. Well done, Chef!