



# UCCOOK

## Smoky Beef Mince & Spicy Tacos

with Peruvian green sauce & charred corn

Craving some tacos? We've got you, Chef! Lightly crisped corn tortillas are packed with smoky, chipotle-infused beef mince, charred corn and a spicy, creamy & salty Peruvian sauce (yum!). Garnished with fresh coriander and lime wedges. Trust us, one serving is not enough!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Morgan Otten

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Adventurous Foodie

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Canvas 2019

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## Ingredients & Prep

50g	Corn
150g	Free-range Beef Mince
1	Onion <i>peel &amp; finely dice ½</i>
20g	Chipotle Chillies In Adobo <i>finely chop</i>
100ml	Tomato Passata
120g	Cannellini Beans <i>drain</i>
30g	Danish-style Feta <i>drain</i>
1 unit	Roasted Garlic Mayo
10g	Sliced Pickled Jalapeños <i>drain</i>
3g	Fresh Coriander <i>rinse &amp; pick</i>
1	Lime <i>rinse, zest &amp; cut into wedges</i>
2	Wheat Flour Tortillas

## From Your Kitchen

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

**1. CHARRED CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. SMOKY MINCE & BEANS** Return the pan to medium-high 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). Add the diced onion and fry until soft, 3-4 minutes. Add the chopped chipotle chillies and fry until fragrant, 30-60 seconds. Pour in the tomato passata, 150ml of water, and simmer until reduced and thickened, 10-12 minutes. In the final 3-4 minutes, add the drained beans and cook until warmed through. Remove from the heat. Add a sweetener and seasoning.

**3. MAKE THE SAUCE** To a blender, add the drained feta, the mayo, the drained jalapeños, ¾ of the rinsed coriander, the lime zest, a squeeze of lime juice (to taste), and 2 tbsp of water. Blend until smooth, adding water in 5ml increments if it's too thick, and season.

**4. TOAST THE TORTILLAS** Place a clean pan over a medium heat. When hot, dry toast the tortillas until lightly crisped, 15 seconds per side. Once heated, stack under a dry tea towel to stop them from drying out.

**5. TIME TO EAT** Fill up the tortillas with the loaded smoky mince, sprinkle over the charred corn, and drizzle over the Peruvian sauce. Garnish with the remaining coriander leaves and serve with any remaining lime wedges. It's a wrap, Chef!

## Nutritional Information

Per 100g

Energy	786kJ
Energy	188kcal
Protein	6.8g
Carbs	14g
of which sugars	2.2g
Fibre	2.2g
Fat	11.2g
of which saturated	3.5g
Sodium	272mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Cow's Milk

Eat  
Within  
3 Days