



UCCOOK

Mexican Black Bean Chili

with basmati rice & pickled red onion

A warm, comforting and flavour-packed dinner. Fluffy coriander-laced basmati rice is smothered in a rich black bean chilli. It is dolloped with sour cream for freshness, topped with pickled onions for zing and scattered with fresh coriander for an aromatic finish. Vegetarian or not, you'll be going back for thirds!


Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Thea Richter

 Veggie

 Boschendal | Stellenbosch Cabernet Sauvignon

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Ingredients & Prep

225ml	White Basmati Rice
2	Limes <i>cut into wedges</i>
2	Red Onions <i>1½ peeled & finely sliced</i>
360g	Carrot <i>rinsed, trimmed & roughly chopped</i>
2	Garlic Cloves <i>peeled & grated</i>
2	Fresh Chillies <i>deseeded & roughly sliced</i>
30ml	NOMU Mexican Spice Blend
360g	Black Beans <i>drained & rinsed</i>
150g	Corn
600g	Cooked Chopped Tomato
150ml	Sour Cream
12g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

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

1. RICE & SHINE Rinse the rice and place in a pot over a medium-high heat. Submerge in 450ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. PICKLE ME UP Boil the kettle. In a bowl, add 30ml of water, 15ml of a sweetener of choice, and the juice of 6 lime wedges. Mix until the sweetener is fully dissolved. Add ¼ of the sliced onion and toss until fully coated. Set aside to pickle.

3. WELCOME TO FLAVOUR TOWN Place a pot, large enough for the bean chilli, over a medium-high heat. When hot, add the remaining onion and the chopped carrot, and fry for 4-5 minutes until soft, shifting occasionally. Add the grated garlic, ½ the sliced chilli (to taste), and the spice blend. Fry for 1 minute until fragrant, shifting constantly. Add the rinsed black beans, the corn, the cooked chopped tomato, and 450ml of boiling water. Leave to simmer for 15-20 minutes or until reduced and thickened, stirring occasionally.

4. ALMOST THERE... When the bean chilli is done, season with salt, pepper, and a sweetener of choice. Drain the pickling liquid from the onions.

5. BEAN THERE, ATE THAT! Plate up a generous helping of the rice and smother in the black bean chilli. Dollop over the sour cream. Top with the pickled onions, the remaining chilli (to taste) and the picked coriander. Serve with a lime wedge. Dive in, Chef!

6. IN CASE YOU MISSED IT... UCOOK has a delicious range of Frozen Craft Meals! If you liked your Mexican Black Bean Chilli meal kit, why not try our Smoky Bean Chilli?

Nutritional Information

Per 100g

Energy	396kJ
Energy	95Kcal
Protein	3g
Carbs	17g
of which sugars	3.3g
Fibre	2.5g
Fat	1.7g
of which saturated	0.8g
Sodium	176mg

Allergens

Dairy, Allium

Cook
within
4 Days