



# UCOOK

## Veggie Burrito

**with caramelised-onion basmati rice & spicy corn salsa**

These veggie and caramelised-onion basmati rice stuffed toasted tortillas are a mouthwatering mouthful. With every bite, expect layers of sour cream, fresh greens, pops of charred corn and creamy black beans, all taken up a tastebud level with some spicy tomato salsa. A fulfilling filling indeed, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Morgan Otten

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 **\*NEW Simple & Save**

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 **Stellenzicht | Thunderstone Rosé**

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## Ingredients & Prep

150ml	White Basmati Rice <i>rinsed</i>
100g	Corn
240g	Black Beans <i>drained &amp; rinsed</i>
1	Onion <i>peeled &amp; finely sliced</i>
1	Tomato <i>rinsed &amp; roughly diced</i>
30g	Sliced Pickled Jalapeños <i>drained &amp; roughly chopped</i>
60ml	Sour Cream
4	Wheat Flour Tortillas
40g	Green Leaves <i>rinsed &amp; roughly shredded</i>

## From Your Kitchen

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

**1. FLUFFY RICE** Place the rinsed rice in a pot with 300ml of salted water. Cover 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. CHARRED CORN & BEANS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn and drained beans until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CARAMELISED ONION RICE** Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, mix through the cooked rice, and cover.

**4. SPICY SALSA** In a bowl, combine the diced tomato, the chopped jalapeños (to taste), a sweetener, a drizzle of olive oil, and seasoning. Set aside.

**5. SOUR CREAM SAUCE** In a small bowl, loosen the sour cream with water in 5ml increments until drizzling consistency. Season and set aside.

**6. TOASTED TORTILLAS** Place a clean pan over medium heat. When hot, toast each tortillas until warmed through, 30-60 seconds per side.

**7. WRAP UP DINNER!** Time to assemble! Lay down the toasty tortillas. Smear over ½ the loosened sour cream and top with the onion rice, the shredded leaves, the charred corn & beans, and the spicy tomato salsa. Drizzle over the remaining sour cream and wrap it up. Serve any remaining fillings on the side. Brilliant work, Chef!

## Nutritional Information

Per 100g

Energy	630kJ
Energy	151kcal
Protein	4.6g
Carbs	26g
of which sugars	2.7g
Fibre	2.6g
Fat	2.9g
of which saturated	1.2g
Sodium	206mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days