

# UCOOK

## Creamy Vegetarian Black Bean 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 & 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:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Morgan Otten

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Simple & Save

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Paardenkloof Wines | Paardenkloof "The Bend in the Road" Sauvignon Blanc 2019

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## Ingredients & Prep

225ml	White Basmati Rice <i>rinse</i>
150g	Corn
360g	Black Beans <i>drain &amp; rinse</i>
2	Onions <i>peel &amp; finely slice 1½</i>
2	Tomatoes <i>rinse &amp; roughly dice</i>
45g	Sliced Pickled Jalapeños <i>drain &amp; roughly chop</i>
60ml	Sour Cream
6	Wheat Flour Tortillas
60g	Green Leaves <i>rinse &amp; roughly shred</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 450ml 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 the drained beans until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CARMELISED 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, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, mix through the cooked rice, and cover.

**4. SPICY SALSA** In a bowl, combine the diced tomatoes, the chopped jalapeños (to taste), a sweetener (to taste), 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 tortilla 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	552kJ
Energy	132kcal
Protein	4g
Carbs	24g
of which sugars	2.5g
Fibre	2.6g
Fat	1.9g
of which saturated	1g
Sodium	186mg

## Allergens

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

Eat  
Within  
4 Days