



U C O O K

— COOKING MADE EASY

BBQ PORK BURRITO BOWL

with fluffy basmati rice, charred corn & crème fraîche

Need extra down time? Here's a speedy, satisfying Mexican dinner! Caramelised pork mince with BBQ sauce, black beans, and charred corn; soaking into white basmati rice, finished with luscious crème fraîche.

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Kate Gomba

 **Easy Peasy**

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

150ml	White Basmati Rice
100g	Corn
240g	Black Beans <i>drained & rinsed</i>
20ml	Beef Stock
300g	Free-Range Pork Mince
20ml	NOMU Mexican Rub
100ml	BBQ Sauce
40g	Green Leaves <i>rinsed</i>
100g	Cucumber <i>sliced into thin half-moons</i>
2	Spring Onion <i>rinsed & thinly sliced</i>
100ml	Crème Fraîche

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)

1. START YOUR FLUFFY RICE Rinse the rice and place in a pot. Submerge in 450ml of salted water. Pop on a lid and bring to the boil. Once boiling, reduce the heat and simmer for 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. Fluff with a fork on completion.

2. CHARRED CORN & BEANS Boil the kettle. Place a pan over a high heat with a drizzle of oil or a knob of butter. When hot, fry the corn for 4-5 minutes until charred, shifting occasionally. Add the drained black beans and fry for 2-3 minutes until heated through. Remove from the pan on completion and set aside. Dilute the stock with 100ml of boiling water.

3. MEXI MINCE Wipe down the pan if necessary and return it to a high heat with another drizzle of oil. When hot, add in the pork mince and work quickly to break it up as it starts to cook. Allow to caramelise for 3 minutes, stirring occasionally. Add the Mexican Rub and fry for another 1-2 minutes until fragrant and browned. Stir in the diluted stock and simmer for 3-4 minutes until slightly reduced. When nearing completion, add the BBQ sauce and the charred corn and beans, and stir through until reheated. On completion, season to taste and remove the pan from the heat.

4. FRESH TOUCH Place the rinsed green leaves in a bowl. Toss through the cucumber half-moons, a drizzle of olive oil, and seasoning to taste.

5. BUEN PROVECHO! Make a pile of steamy rice and smother in the saucy Mexican mince. Garnish with dollops of crème fraîche and a sprinkling of sliced spring onions. Serve with the fresh green salad on the side. Well done, Chef!

Nutritional Information

Per 100g

Energy	833kj
Energy	199Kcal
Protein	7.5g
Carbs	18g
of which sugars	3.6g
Fibre	1.9g
Fat	10.7g
of which saturated	4.5g
Sodium	525mg

Allergens

Dairy, Allium, Sulphites, Alcohol

Cook
within 2
Days