



UCOOK

BBQ Beef Burrito Bowl

with brown rice, corn & tomato salsa, and creamy guacamole

With this quick burrito bowl recipe, you can expect a base of brown basmati rice, fresh green leaves, a layer of barbeque bean & mince mix, and a colourful charred corn & tangy tomato salsa. All generously dolloped with creamy guacamole.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Quick & Easy

 Strandveld | Grenache

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Ingredients & Prep

100ml	Brown Basmati Rice <i>rinsed</i>
1	Onion
60g	Black Beans
1	Tomato
1	Lemon
20g	Green Leaves
4g	Fresh Coriander
40g	Guacamole
20ml	Sour Cream
50g	Corn
150g	Free-range Beef Mince
50ml	BBQ Sauce

From Your Kitchen

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

1. NICE 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, 25-30 minutes. Drain (if necessary) and cover.

2. PREP STEP Peel and roughly slice ½ the onion. Drain and rinse the black beans. Dice ½ the tomato. Cut the lemon into wedges. Rinse and shred the green leaves. Rinse, pick and roughly chop the coriander.

3. GUAC & SALSA In a small bowl, combine the guacamole, the sour cream, ½ the chopped coriander and seasoning. Set aside. In a separate bowl, combine the diced tomato, a squeeze of lemon juice, a drizzle of olive oil, a sweetener, and seasoning.

4. CHAR THE 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 add to the bowl with the tomatoes.

5. MINCE & BEANS Return the pan to high heat with a drizzle of oil. When hot, add the mince and the sliced onion. Work quickly to break the mince up as it starts to cook. Caramelize until browned, 5-6 minutes (shifting occasionally). In the final 2-3 minutes, add the drained black beans. Remove from the heat and stir through the BBQ sauce and seasoning.

6. BOWL 'EM OVER Bowl up the brown rice. Top with the shredded green leaves, the BBQ mince mix, the corn & tomato salsa, and the creamy guacamole. Garnish with the remaining coriander, and serve with any remaining lemon wedges on the side. Service, Chef!

Nutritional Information

Per 100g

Energy	658kJ
Energy	157kcal
Protein	6.5g
Carbs	15g
of which sugars	1.6g
Fibre	2.3g
Fat	6.8g
of which saturated	2.3g
Sodium	111mg

Allergens

Dairy, Allium, Sulphites, Sugar Alcohol (Xylitol)

Cook
within 3
Days