



# UCCOOK

## Mouthwatering Black Bean Chilli

with basmati rice

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Veggie:** Serves 1 & 2

**Chef:** Thea Richter

**Wine Pairing:** Paul Cluver | Village Pinot Noir

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 370kj    | 3145kj      |
| Energy             | 89kcal   | 752kcal     |
| Protein            | 2.7g     | 23.3g       |
| Carbs              | 16g      | 139g        |
| of which sugars    | 3.3g     | 27.7g       |
| Fibre              | 2.4g     | 20.4g       |
| Fat                | 1.4g     | 12g         |
| of which saturated | 0.7g     | 5.7g        |
| Sodium             | 135mg    | 1146mg      |

**Allergens:** Cow's Milk, Allium

**Spice Level:** Hot

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                |
|----------|------------|----------------------------------------------------------------|
| 75ml     | 150ml      | White Basmati Rice<br><i>rinse</i>                             |
| 1        | 1          | Onion<br><i>peel &amp; finely dice ½ [1]</i>                   |
| 120g     | 240g       | Carrot<br><i>rinse, trim &amp; roughly chop</i>                |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>                        |
| 1        | 1          | Fresh Chilli<br><i>rinse, trim, deseed &amp; roughly slice</i> |
| 10ml     | 20ml       | NOMU Mexican Spice Blend                                       |
| 120g     | 240g       | Black Beans<br><i>drain &amp; rinse</i>                        |
| 50g      | 100g       | Corn                                                           |
| 200g     | 400g       | Cooked Chopped Tomato                                          |
| 50ml     | 100ml      | Sour Cream                                                     |
| 3g       | 5g         | Fresh Coriander<br><i>rinse, pick &amp; roughly chop</i>       |
| 1        | 1          | Fresh Lime<br><i>rinse &amp; cut into wedges</i>               |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Seasoning (salt & pepper)

**1. RICE & SHINE** Place the rice in a pot with 150ml [300ml] of salted water. Cover with a lid 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. WELCOME TO FLAVOUR TOWN** Boil the kettle. Place a pot, large enough for the bean chilli, over medium-high heat. When hot, add the onion and the carrot, and fry until soft, 3-4 minutes (shifting occasionally). Add the garlic, ½ the chilli (to taste), and the spice blend. Fry until fragrant, 1 minute (shifting constantly). Add the black beans, the corn, the cooked chopped tomato, and 150ml [300ml] of boiling water. Leave to simmer until reduced and thickened, 10-15 minutes (stirring occasionally).

**3. ALMOST THERE...** When the bean chilli is done, add seasoning and a sweetener (to taste).

**4. 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 remaining chilli (to taste) and the coriander. Serve with a lime wedge. Dive in, Chef!

**5. 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?