



UCOOK

Flavoursome Beef & Rice

with **NOMU** Chipotle flakes, crispy onions & fresh parsley

It'll feel like you were born on the Bayou with this quick & colourful Louisiana-style beef mince & green pepper all-in-one meal. It sits on a bed of fragrant & fluffy jasmine rice, and is finished with dollops of sour cream, a squeeze of lemon juice & crispy onion bits.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Rhea Hsu

 Fan Faves

 Waterford Estate | Range Cabernet Sauvignon
2016

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Ingredients & Prep

1	Red Onion <i>peeled & roughly diced</i>
200ml	Jasmine Rice <i>rinsed</i>
8g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
2	Garlic Cloves <i>peeled & grated</i>
30ml	Tomato Paste
100g	Corn
300g	Free-range Beef Mince
30ml	Louisiana Seasoning <i>(20ml NOMU Cajun Rub, 5ml NOMU Chipotle Flakes & 5ml Ground Turmeric)</i>
1	Green Bell Pepper <i>rinsed, deseeded & cut into thin strips</i>
1	Lemon <i>cut into wedges</i>
100ml	Sour Cream
40ml	Crispy Onions

From Your Kitchen

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

1. ARMED WITH AROMATICS Place a pot over medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 6-7 minutes until soft and caramelised, shifting occasionally. Remove ½ the caramelised onion from the pot and set aside. Keep the other ½ in the pot.

2. NICE RICE, BABY! Return the pot, with the reserved onion, to a medium-high heat. Add the rinsed rice and toast for 1 minute, shifting frequently. Submerge in 300ml of water. Pop on the lid and bring to the boil. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Remove from the heat and steam with the lid on for 10 minutes until tender. Drain if necessary, and stir through ½ the chopped parsley. Cover to keep warm.

3. BAYOU BEEF Place a pan over medium heat with a drizzle of oil. When hot, add the grated garlic and the tomato paste. Fry for 2-3 minutes or until fragrant, shifting constantly. Add the corn and the mince and work quickly to break it up as it starts to cook. Caramelize for 4-5 minutes or until browned, shifting occasionally.

4. FINAL FINISHES When the mince is browned, add the remaining caramelised onion, the Louisiana seasoning (to taste), and the green pepper strips to the pan. Cook for 1-2 minutes until combined, shifting occasionally. Add the juice of 2 lemon wedges, a sweetener of choice, and seasoning. Loosen the sour cream with water in 5ml increments until drizzling consistency.

5. LEKKER LOUISIANA-STYLE DINNER! Plate up the fluffy rice and top with the spiced mince mixture. Drizzle over the sour cream. Garnish with the remaining parsley and the crispy onion bits. Serve any remaining lemon wedges on the side. Time to dine, Chef!

Nutritional Information

Per 100g

Energy	648kJ
Energy	155kcal
Protein	5.9g
Carbs	17g
of which sugars	2.6g
Fibre	1.6g
Fat	6.9g
of which saturated	2.7g
Sodium	147mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within 3
Days