



UCCOOK

Chipotle Mushrooms & Butter Bean Mash

with roasted broccoli & carrots

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Maxine Aufrichtig

Wine Pairing: Zevenwacht | Estate Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	216kJ	1441kJ
Energy	52kcal	345kcal
Protein	2.7g	18.2g
Carbs	9g	63g
of which sugars	2.9g	19.1g
Fibre	2.9g	19.1g
Fat	0.3g	2g
of which saturated	0g	0.2g
Sodium	88mg	586mg

Allergens: Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Broccoli Florets <i>rinse</i>
360g		Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
15ml	20ml	Cumin Seeds
375g	500g	Button Mushrooms <i>wipe clean & cut in half</i>
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
30g	40g	Chipotle Chillies In Adobo <i>finely chop</i>
45ml	60ml	Tomato Paste
2	2	Garlic Cloves <i>peel & grate</i>
360g	480g	Butter Beans <i>drain & rinse</i>
30ml	40ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

1. ROAST Boil the kettle. Preheat the oven to 200°C. Place the broccoli and the carrot on a roasting tray. Coat in oil, the cumin seeds, and seasoning. Roast in the hot oven until cooked through and crispy, 20-25 minutes (shifting halfway).

2. SPICY MUSHIES Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mushrooms and the onions until soft and turning golden, 6-8 minutes (shifting occasionally). Add the chillies (to taste), the tomato paste, and the garlic, and fry until fragrant, 2-3 minutes. Pour in 150ml [200ml] of water and simmer until almost evaporated, 2-3 minutes. Remove from the heat and season.

3. BEAN MASH Submerge the beans in boiling water until heated through, 3-5 minutes. Drain and mash with a fork or potato masher. Loosen with a splash of warm water, if necessary.

4. TIME TO EAT Plate up the bean mash, and side with the roasted veggies and the spicy mushrooms with all the pan juices. Drizzle over the lemon juice (to taste). Enjoy, Chef!