



UCCOOK

Shredded Lamb Burrito

with guacamole & sour cream

Crispy toasted tortillas are filled with spiced shredded lamb, spicy basmati rice, sweet corn gems, chunky homemade guacamole and a refreshing sour cream drizzle! All of these delicious fillings are wrapped up tightly to create the perfect little dinner bundle, served alongside all of the remaining fillings for extra yum in every bite!

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Aisling Kenny

 Adventurous Foodie

 Boschendal | Nicolas

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Ingredients & Prep

| | |
|-------|--|
| 480g | Free-range Deboned Lamb Leg |
| 30ml | NOMU Mexican Spice Blend |
| 225ml | White Basmati Rice |
| 60ml | Colleen's Smoked Paprika Chilli Sauce |
| 2 | Avocados |
| 12g | Fresh Coriander <i>rinsed, picked & roughly chopped</i> |
| 150g | Corn |
| 65ml | Sour Cream |
| 6 | Wheat Flour Tortillas |

From Your Kitchen

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

1. LAMB IS LIFE Boil the kettle. Pat the lamb dry with some paper towel. Fill a pot with 300ml of boiling water and place over a medium heat. Add ½ the rub and the lamb. Leave to simmer for 15-20 minutes until the lamb is tender and cooked through. Remove the lamb from the pot. Using two forks (one to secure the lamb and the other to shred), gently shred the lamb into thin strips.

2. CHILLI RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 600ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. On completion, drain if necessary and add the chilli sauce (to taste). Mix until fully combined.

3. SMASH THAT AVO! Halve the avocados and set aside one of the halves containing the pip for another meal. Scoop out the avocado flesh from the remaining halves and place into a bowl. Add ½ the chopped coriander, seasoning, and a drizzle of olive oil. Mash with a fork or potato masher until mashed and combined. Set aside. In a small bowl, loosen the sour cream with water in 5ml increments until a drizzling consistency.

4. BASTE & CHAR Place a pan over a medium-high heat with a drizzle of oil. When hot, add the shredded lamb and fry for 3-4 minutes until browned, shifting occasionally. In the final minute, baste with a knob of butter and the remaining rub. Season to taste and remove from the pan. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the corn and fry for 4-5 minutes until lightly charred, shifting occasionally. Cover both the lamb and corn to keep them warm.

5. TOASTY TORTILLAS Return the pan, wiped down if necessary, to a medium heat. When hot, dry toast the tortillas one at a time for 30-60 seconds per side until warmed through and lightly crisped.

6. BRING ON THE BURRITOS! Time to assemble! Lay down the toasty tortillas. Smear on the homemade guacamole. Top with the spicy rice, the shredded lamb, and the charred corn. Drizzle over the loosened sour cream. Wrap it up, sprinkle over the remaining coriander. Serve any remaining fillings on the side. Brilliant work, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 968kJ |
| Energy | 231Kcal |
| Protein | 8.1g |
| Carbs | 23g |
| of which sugars | 1.7g |
| Fibre | 3.1g |
| Fat | 12.1g |
| of which saturated | 4.1g |
| Sodium | 244mg |

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days