



UCOOK

Vegetarian Black Bean Burrito

with caramelised-onion basmati rice & spicy corn salsa

These veggie and caramelised-onion basmati rice stuffed toasted tortillas are a mouthwatering mouthful. With every bite, expect layers of sour cream, fresh greens, pops of charred corn & creamy black beans, all taken up a tastebud level with some spicy tomato salsa. A fulfilling filling indeed, Chef!

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Morgan Offen

 Simple & Save

 Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

225ml	White Basmati Rice <i>rinse</i>
150g	Corn
360g	Black Beans <i>drain & rinse</i>
2	Onions <i>peel & finely slice 1½</i>
2	Tomatoes <i>rinse & roughly dice</i>
45g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
60ml	Sour Cream
6	Wheat Flour Tortillas
60g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. FLUFFY RICE Place the rinsed rice in a pot with 450ml of salted water. Cover 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. CHARRED CORN & BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn and the drained beans until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

3. CARAMELISED ONION RICE Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, mix through the cooked rice, and cover.

4. SPICY SALSA In a bowl, combine the diced tomatoes, the chopped jalapeños (to taste), a sweetener, a drizzle of olive oil, and seasoning. Set aside.

5. SOUR CREAM SAUCE In a small bowl, loosen the sour cream with water in 5ml increments until drizzling consistency. Season and set aside.

6. TOASTED TORTILLAS Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

7. WRAP UP DINNER! Time to assemble! Lay down the toasty tortillas. Smear over ½ the loosened sour cream and top with the onion rice, the shredded leaves, the charred corn & beans, and the spicy tomato salsa. Drizzle over the remaining sour cream and wrap it up. Serve any remaining fillings on the side. Brilliant work, Chef!

Nutritional Information

Per 100g

Energy	656kJ
Energy	157kcal
Protein	4.8g
Carbs	28g
of which sugars	2.3g
Fibre	2.9g
Fat	2.4g
of which saturated	1.3g
Sodium	112mg

Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Cook
within
4 Days