



UCCOOK

Mexican Beef Wraps

with sour cream, black beans & pickled jalapeños

Tortilla wraps are loaded with tender beef strips cooked in a tomato sauce, black beans, bell pepper, and lots more mouthwatering flavours. It's a Mexican fiesta, Chef!


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Paardenkloof Wines | Paardenkloof Ecology Shiraz

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

Ingredients & Prep

40ml	Sour Cream
10ml	Lemon Juice
3g	Fresh Coriander <i>rinsed & roughly chopped</i>
150g	Free-range Beef Strips
1	Bell Pepper <i>½ rinsed, deseeded & cut into strips</i>
7,5ml	NOMU Mexican Spice Blend
50ml	Tomato Passata
60g	Black Beans <i>drained & rinsed</i>
2	Wheat Flour Tortillas
20g	Green Leaves <i>rinsed & roughly shredded</i>
10g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>

From Your Kitchen

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

1. NICE & SPICY MIX In a small bowl, combine the sour cream, the lemon juice (to taste), ½ the chopped coriander, and seasoning. Set aside.

2. EXCELLENT BEEF Place a pan over medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 1-2 minutes (shifting occasionally). Remove from the pan.

3. SAUCE Return the pan to medium heat with a drizzle of oil (if necessary). When hot, fry the bell pepper strips until lightly charred, 2-3 minutes. Add the NOMU Spice Blend and fry until fragrant, 30-60 seconds. Mix in the tomato passata and 50ml of water. Simmer until reduced and thickening, 6-8 minutes. In the final 1-2 minutes, add the browned beef and the drained beans. Remove from the heat, add a sweetener, and season.

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

5. THAT LOOKS GOOD! Load the toasted wraps on one side with the shredded leaves, the tomato sauce mixture, the chopped jalapeno (to taste), and dollops of the sour cream mixture. Wrap it up and sprinkle over the remaining coriander. Go for it, Chef!

Nutritional Information

Per 100g

Energy	484kJ
Energy	116kcal
Protein	8.5g
Carbs	13g
of which sugars	2.4g
Fibre	1.8g
Fat	3.4g
of which saturated	1.4g
Sodium	249mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 2
Days