



UCCOOK

Mouthwatering Black Bean Chilli

with basmati rice

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Paul Cluver | Village Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	370kj	3145kj
Energy	89kcal	752kcal
Protein	2.7g	23.3g
Carbs	16g	139g
of which sugars	3.3g	27.7g
Fibre	2.4g	20.4g
Fat	1.4g	12g
of which saturated	0.7g	5.7g
Sodium	135mg	1146mg

Allergens: Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	White Basmati Rice <i>rinse</i>
1	1	Onion <i>peel & finely dice ½ [1]</i>
120g	240g	Carrot <i>rinse, trim & roughly chop</i>
1	1	Garlic Clove <i>peel & grate</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & roughly slice</i>
10ml	20ml	NOMU Mexican Spice Blend
120g	240g	Black Beans <i>drain & rinse</i>
50g	100g	Corn
200g	400g	Cooked Chopped Tomato
50ml	100ml	Sour Cream
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
1	1	Fresh Lime <i>rinse & cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. RICE & SHINE Place the rice in a pot with 150ml [300ml] of salted water. Cover with a lid 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. WELCOME TO FLAVOUR TOWN Boil the kettle. Place a pot, large enough for the bean chilli, over medium-high heat. When hot, add the onion and the carrot, and fry until soft, 3-4 minutes (shifting occasionally). Add the garlic, ½ the chilli (to taste), and the spice blend. Fry until fragrant, 1 minute (shifting constantly). Add the black beans, the corn, the cooked chopped tomato, and 150ml [300ml] of boiling water. Leave to simmer until reduced and thickened, 10-15 minutes (stirring occasionally).

3. ALMOST THERE... When the bean chilli is done, add seasoning and a sweetener (to taste).

4. BEAN THERE, ATE THAT! Plate up a generous helping of the rice and smother in the black bean chilli. Dollop over the sour cream. Top with the remaining chilli (to taste) and the coriander. Serve with a lime wedge. Dive in, Chef!

5. IN CASE YOU MISSED IT... UCOOK has a delicious range of Frozen Craft Meals! If you liked your Mexican Black Bean Chilli meal kit, why not try our Smoky Bean Chilli?