



# UCOOK

## Mexican Lamb Burrito Bowl

with fluffy brown rice & homemade guacamole

Time for some mouthwatering Mexican food! A nutritious bowl filled with fluffy rice, succulent lamb mince, golden jewels of corn and juicy tomatoes, all topped with yummy homemade guacamole and crunchy chips!

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People

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**Chef:** Thea Richter

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 Quick & Easy

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## Ingredients & Prep

225ml	Brown Rice <i>rinsed</i>
3	Corn Tortillas
180g	Black Beans
2	Tomatoes
2	Spring Onions
2	Lemons
1	Fresh Chilli
450g	Free-range Lamb Mince
30ml	NOMU Mexican Spice Blend
120g	Corn
2	Avocados
90ml	Sour Cream

## From Your Kitchen

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

**1. HAVE A RICE DAY** Place the rinsed rice in a pot with 700ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

**2. PREP STEP** Cut the tortillas into quarters. Drain and rinse the black beans. Roughly dice the tomatoes. Rinse, trim, and thinly slice the spring onions. Cut the lemons into wedges. Trim, de-seed, and finely chop the chilli.

**3. TORTILLA CHIPS** Place a pan over medium-high heat. When hot, add the tortilla quarters and fry until crispy, 1-2 minutes per side. Remove and drain on paper towel.

**4. SPICY LAMB** Return the pan, wiped down, to a high heat with a drizzle of oil. When hot, add in the lamb mince and  $\frac{1}{2}$  the NOMU spice blend. Work quickly to break it up as it starts to cook. Caramelize until browned, 7-8 minutes (stirring occasionally). Season to taste, remove from the pan and cover to keep warm.

**5. CORN & BEANS** Return the pan to a medium heat with a drizzle of oil. When hot, fry the corn and rinsed black beans until lightly charred, 4-5 minutes. In the final 1-2 minutes, baste with the remaining NOMU spice blend. Set aside. Peel  $1\frac{1}{2}$  of the avocados. In a bowl, mash the peeled avocado with a fork. Season.

**6. MEXICAN FEAST** In a big serving bowl, place the rice, the lamb mince, the diced tomatoes and the charred corn side by side in a circular direction. Place a dollop of your guacamole and the sour cream on top and arrange your tortilla chips around it. Sprinkle with the sliced spring onion and side with the lemon wedges. Sprinkle over the chopped chilli (to taste). This is a serving suggestion, but ultimately the design of the bowl is up to you!



## Chef's Tip

If you have any leftover chilli, place it in a small pot with enough oil to cover the base. Place over a medium heat for 5 minutes, stirring often. Remove from the heat and cool. Place in a bottle or jar and use as you please!

## Nutritional Information

Per 100g

Energy	741kJ
Energy	177kcal
Protein	7.7g
Carbs	15g
of which sugars	1.6g
Fibre	3.9g
Fat	10.3g
of which saturated	2.9g
Sodium	137mg

## Allergens

Dairy, Allium

Cook  
within 3  
Days