



UCOOK

Creation's Tex-Mex Bowl

with millet, spicy chipotle sour cream & guacamole

Craving a spicy bowl of Mexican food that will kick your taste buds into gear? Say no more, Chef! On a bed of millet loaded Mexican-spiced corn & beans come dollops of fiery sour cream, soothing guacamole, and garnishings of chopped chillies. It's a rollercoaster of spice that will leave you wanting another tasty ride!

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Creation Winery

Veggie

 Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

100ml	Millet
1	Onion <i>peel & finely slice ½</i>
120g	Kidney Beans <i>drain & rinse</i>
50g	Corn
17,5ml	Mexican Spice Mix <i>(15ml Mexican Spice & 2,5ml Ground Cumin)</i>
50ml	Sour Cream
5g	Chipotle Chillies In Adobo <i>drain & roughly chop</i>
1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
1 unit	Guacamole
15g	Whole Pickled Jalapeños <i>drain & thinly slice lengthways</i>

From Your Kitchen

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

1. BEGIN WITH MILLET Place the millet in a pot over medium heat. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 200ml of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

2. MEXICAN BEANS & CORN Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add the drained beans, the corn, and the Mexican spice mix. Fry until charred, 3-4 minutes (shifting occasionally). Remove from the pan, season, and cover.

3. SPICY SOUR CREAM In a small bowl, combine the sour cream with the chopped chipotle chillies (to taste - be careful, they are spicy!) and seasoning. Loosen with a splash of water and set aside.

4. ALMOST THERE When the millet is done, toss through the spring onion whites and ½ the onion, corn & bean mixture. Season and set aside.

5. WELL DONE, CHEF! Plate up the loaded millet. Top with the remaining onion, corn & bean mixture. Dollop over the spicy sour cream and the guacamole. Garnish with the thinly sliced jalapeños (to taste) and the spring onion greens.

Nutritional Information

Per 100g

Energy	683kJ
Energy	163kcal
Protein	4.7g
Carbs	21g
of which sugars	2.1g
Fibre	5.2g
Fat	6.3g
of which saturated	0.9g
Sodium	185mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
5 Days