UCOOK

Chipotle Chicken & Homemade Crunch Bowl

with charred corn & Peruvian green sauce

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Neethlingshof | Gewürztraminer

Nutritional Info	Per 100g	Per Portion
Energy	640kJ	5095kJ
Energy	153kcal	1219kcal
Protein	5.7g	45.6g
Carbs	11g	84g
of which sugars	2.2g	17.5g
Fibre	2.8g	21.9g
Fat	9.8g	77.9g
of which saturated	1.9g	14.8g
Sodium	280mg	2230mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: Hot

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Corn
20g	40g	Danish-style Feta *drain*
40ml	80ml	Hellmann's Original Mayo
3g	5g	Fresh Coriander *rinse & pick*
150g	300g	Free-range Chicken Mince
1	1	Onion *peel & finely dice ½ [1]*
15g	30g	Chipotle Chillies In Adobo *finely chop*
10ml	20ml	NOMU Taco Mex Mix
100ml	200ml	Tomato Passata
60g	120g	Cannellini Beans *drain & rinse*
1	2	Wheat Flour Tortilla/s
1 unit	1 unit	Guacamole

From Your Kitchen

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

1. CHARRED CORN Preheat the oven to 200°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. MAKE THE SAUCE To a blender, add the feta, the mayo, and ¾ of the coriander. Blend until smooth and season.

3. SMOKY MINCE & BEANS Return the pan to medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the onion and fry until soft, 4-5 minutes. Add the chipotle chillies (to taste), the NOMU rub, and fry until fragrant, 30-60 seconds. Pour in the tomato passata, 100ml [200ml] of water, and simmer until reduced and thickened, 10-12 minutes. In the final 3-4 minutes, add the beans and cook until warmed through. Remove from the heat. Add a sweetener (to taste) and seasoning.

4. TORTILLA BOWL Place a shallow, oven-proof bowl on a baking tray with the opening facing up. Lightly oil the bowl. Lay the tortilla/s on a flat surface and lightly brush with oil on both sides. Place the tortilla/s in the oiled bowl and gently press into a bowl shape. Place the tray in the hot oven and bake until golden and crispy, 5-8 minutes. Remove from the oven and let the tortilla cool down before removing from the bowl. Alternatively, cut the tortilla into small triangles. Place a clean pan over medium-high heat with enough oil to cover the base. Fry the tortilla triangles until golden and crispy, 1-2 minutes (shifting as they colour). Drain on paper towel and season.

5. BOWL 'EM OVER Fill up the tortilla bowl/s with the loaded smoky mince, sprinkle over the charred corn, and drizzle over the Peruvian sauce. Dollop over the guacamole and garnish with the remaining coriander. Amazing, Chef!

Chef's Tip Did you know? Avocados are technically a fruit, not a vegetable!