



U C O O K

— COOKING MADE EASY

Snazzy Beef Burritos

with gluten-free coconut wraps, kidney bean chilli & guacamole

These summery gluten-free wraps are coated in coriander cottage cheese for an extra protein punch! They encase a fragrant Mexican chilli of seared beef, kidney beans, and tomato, tucked in with pickled slaw and creamy guacamole. You can thank us later...

Hands-On Time: 35 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Kate Gomba



Health Nut

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Ingredients & Prep

90ml	Pickling Liquid <i>(60ml White Wine Vinegar & 30ml Honey)</i>
300g	Shredded Cabbage & Julienne Carrot
600g	Free-range Beef Strips
60ml	NOMU Mexican Spice Blend
800g	Cooked Chopped Tomatoes
120ml	Smooth Low Fat Cottage Cheese
15g	Fresh Coriander <i>rinsed & roughly chopped</i>
8	Gluten-free Coconut Wraps
480g	Kidney Beans <i>drained & rinsed</i>
320g	Guacamole

From Your Kitchen

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

1. IT'S PICKLING TIME! Place the pickling liquid in a bowl with 3 tbsp of warm water and a pinch of salt. Toss through the cabbage and carrot until coated and set aside to pickle.

2. BROWN THE BEEF Drain any liquid from the beef packaging and pat the strips dry with paper towel. Place a large, deep pan over a high heat with a drizzle of oil. When hot, brown the strips for 3-4 minutes, shifting as they colour. Remove from the pan on completion, season, and set aside. You may need to do this step in batches.

3. LET'S GET SPICY Return the pan to a medium heat. Add in the Mexican spice blend and fry for 30-60 seconds until fragrant, shifting constantly. Stir through the cooked chopped tomatoes and 120ml of water. Reduce the heat slightly and simmer for 12-15 minutes until reduced and thickened.

4. WHILE THE SAUCE IS SIMMERING... In a small bowl, combine the cottage cheese with three-quarters of the chopped coriander. Loosen with a splash of milk or water, season, and set aside for serving. Place a clean, dry pan over a medium-high heat. When hot, dry toast the wraps one at a time for about 30 seconds per side until heated through. Stack on a plate as you go to keep warm.

5. FINISHING TOUCHES Once the sauce has reduced, add in the beef strips and the drained kidney beans and stir for 2-3 minutes until heated through. Season to taste with salt, pepper, and a sweetener of choice. Remove from the heat on completion.

6. MARVELOUS MEXI NIGHT! Smear the coriander cottage cheese over one half of each wrap and load up with the chunky beef chilli. Top with the pickled slaw and dollop over the guacamole. Garnish with the remaining coriander, roll up, and tuck in. (Disclaimer: they get messy, but it's so worth it!)

Nutritional Information

Per 100g

Energy	458kj
Energy	91Kcal
Protein	7.7g
Carbs	11g
of which sugars	3.7g
Fibre	4g
Fat	3.1g
of which saturated	1.2g
Sodium	138mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days