



UCCOOK

Spicy Chipotle Beef Bowl

with jasmine rice, jalapeños & sour cream

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Nitída | Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	483kJ	4250kJ
Energy	115kcal	1016kcal
Protein	4.9g	42.9g
Carbs	14g	121g
of which sugars	2.6g	22.5g
Fibre	1.7g	14.9g
Fat	4.5g	39.2g
of which saturated	1.8g	15.5g
Sodium	155mg	1363mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice <i>rinse</i>
150g	300g	Beef Mince
1	1	Onion <i>peel & roughly dice ½ [1]</i>
15ml	30ml	NOMU Spanish Rub
10g	20g	Chipotle Chillies In Adobo <i>roughly chop</i>
100ml	200ml	Tomato Passata
1	1	Bell Pepper <i>rinse, deseed & dice ½ [1]</i>
60g	120g	Black Beans <i>drain & rinse</i>
40ml	80ml	Sour Cream
10ml	20ml	Lime Juice
3g	5g	Fresh Chives <i>rinse & finely chop</i>
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>

From Your Kitchen

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

1. FLUFFY RICE Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. BROWN MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally).

3. CHIPOTLE BEEF Add the onion to the pan and fry until soft, 4-6 minutes. Mix in the NOMU rub and the chipotle chillies (to taste). Fry until fragrant, 30-60 seconds. Add the tomato passata and 150ml [300ml] of water. Simmer until reduced and thickening, 10-12 minutes. In the final 2-3 minutes, mix in the peppers, the beans, and seasoning. Remove from the heat and add a sweetener (to taste).

4. ZESTY SOUR CREAM In a small bowl, combine the sour cream, the lime juice, the chives, and season.

5. TIME TO EAT Bowl up the fluffy rice, spoon over the flavourful mince, and drizzle over the sour cream. Garnish with the jalapeños (to taste).