



# UCCOOK

## Chipotle Mushrooms & Butter Bean Mash

with roasted broccoli & carrots

Ever made mash out of butter beans, Chef? Soon you will be able to say, "Bean there, done that!" A hearty butter bean mash accompanies cumin-spiced broccoli & carrots, roasted in the oven until golden. Spicy mushrooms in a tangy tomato & garlic sauce add beautiful flavour to the plate.

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**Hands-on Time:** 35 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Maxine Aufrichtig

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Veggie

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 Neil Ellis Wines | Neil Ellis Groenekloof Syrah 2021

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## Ingredients & Prep

|      |                                                                     |
|------|---------------------------------------------------------------------|
| 200g | Broccoli Florets<br><i>rinse</i>                                    |
| 240g | Carrot<br><i>rinse, trim, peel &amp; cut into bite-sized pieces</i> |
| 10ml | Cumin Seeds                                                         |
| 250g | Button Mushrooms<br><i>wipe clean &amp; cut in half</i>             |
| 1    | Onion<br><i>peel &amp; roughly slice</i>                            |
| 20g  | Chipotle Chillies In Adobo<br><i>finely chop</i>                    |
| 40ml | Tomato Paste                                                        |
| 1    | Garlic Clove<br><i>peel &amp; grate</i>                             |
| 240g | Butter Beans<br><i>drain &amp; rinse</i>                            |
| 20ml | Lemon Juice                                                         |

## From Your Kitchen

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

**1. ROAST** Boil the kettle. Preheat the oven to 200°C. Place the broccoli pieces and the carrot pieces on a roasting tray. Coat in oil, the cumin seeds, and seasoning. Roast in the hot oven until cooked through and crispy, 15-20 minutes (shifting halfway).

**2. SPICY MUSHIES** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the halved mushrooms and the sliced onions until soft and turning golden, 5-6 minutes (shifting occasionally). Add the sliced chillies (to taste), the tomato paste, and the grated garlic, and fry until fragrant, 1-2 minutes. Pour in 100ml of water and simmer until almost evaporated, 1-2 minutes. Remove from the heat and season.

**3. BEAN MASH** Submerge the rinsed beans in boiling water until heated through, 3-5 minutes. Drain and mash with a fork or potato masher. Loosen with a splash of warm water, if necessary.

**4. TIME TO EAT** Plate up the bean mash, and side with the roasted veggies and the spicy mushrooms with all the pan juices. Drizzle over the lemon juice (to taste). Enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the broccoli pieces and the carrot pieces in oil, the cumin seeds and seasoning. Air fry at 200°C until cooked through and crispy, 15-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 221kj  |
| Energy             | 53kcal |
| Protein            | 3g     |
| Carbs              | 10g    |
| of which sugars    | 2.8g   |
| Fibre              | 3.1g   |
| Fat                | 0.3g   |
| of which saturated | 0g     |
| Sodium             | 97mg   |

## Allergens

Allium, Sulphites

Eat  
Within  
3 Days