



UCOOK

Loaded Lamb Chile

with fresh coriander & sour cream

A spicy bowl of comfort is on the menu tonight, Chef! Browned lamb mince is loaded with charred corn, fried onion, then embraced by tangy cooked tomato, an aromatic spice mix & meaty kidney beans. Finished with creamy avo slices and a coriander sour cream.


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jason Johnson

 Carb Conscious

 Harry Hartman | Somesay Shiraz

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Ingredients & Prep

1	Onion <i>½ peeled & roughly diced</i>
150g	Free-range Lamb Mince
40g	Corn
10ml	Tomato Paste
200g	Cooked Chopped Tomato
20ml	Spice Mix <i>(10ml NOMU Mexican Spice Blend & 10ml Paprika)</i>
1	Avocado
15ml	Lemon Juice
4g	Fresh Coriander <i>rinsed, picked & finely chopped</i>
30ml	Sour Cream
60g	Kidney Beans <i>drained & rinsed</i>

From Your Kitchen

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

1. YOU CAN CON CARNE Place a pot over medium heat with a drizzle of oil. When hot, add the diced onion and fry until soft, 3-4 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the corn and fry until lightly charred, 3-4 minutes (shifting occasionally).

2. CHOP-CHOP! When the corn is charred, add the tomato paste and fry until fragrant, 30-60 seconds (shifting constantly). Add the cooked chopped tomato, the spice mix, and 100ml of water. Bring to a boil and simmer until slightly thickened, 5-6 minutes (stirring occasionally).

3. HAVE SOME AVO While the con carne is simmering, halve the avocado and set aside half for another meal. Peel the skin off, keeping the flesh intact. Thinly slice the avocado. Drizzle over ½ the lemon juice and season.

4. CORIANDER SOUR CREAM In a small bowl, mix the sour cream with ½ the chopped coriander. Loosen with water in 5ml increments until drizzling consistency. Set aside.

5. FINISHING TOUCHES When the con carne has thickened, stir through the drained kidney beans. Add a sweetener, the remaining lemon juice, and seasoning.

6. DINNER IS SERVED Bowl up the lamb con carne. Top with the avo slices and drizzle over the coriander sour cream. Garnish with the remaining coriander. Cheers, Chef!

Nutritional Information

Per 100g

Energy	541kJ
Energy	129kcal
Protein	7g
Carbs	9g
of which sugars	2.9g
Fibre	3.2g
Fat	7.8g
of which saturated	2.5g
Sodium	140mg

Allergens

Dairy, Allium

Cook
within 3
Days