



UCCOOK

Mouthwatering Black Bean Chilli

with basmati rice

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Thea Richter

Wine Pairing: Paul Cluver | Village Pinot Noir

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 370kj | 3145kj |
| Energy | 89kcal | 752kcal |
| Protein | 2.7g | 23.3g |
| Carbs | 16g | 139g |
| of which sugars | 3.3g | 27.7g |
| Fibre | 2.4g | 20.4g |
| Fat | 1.4g | 12g |
| of which saturated | 0.7g | 5.7g |
| Sodium | 135mg | 1146mg |

Allergens: Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|--|
| 225ml | 300ml | White Basmati Rice <i>rinse</i> |
| 2 | 2 | Onions <i>peel & finely dice 1½ [2]</i> |
| 360g | 480g | Carrot <i>rinse, trim & roughly chop</i> |
| 2 | 2 | Garlic Cloves <i>peel & grate</i> |
| 2 | 2 | Fresh Chillies <i>rinse, trim, deseed & roughly slice</i> |
| 30ml | 40ml | NOMU Mexican Spice Blend |
| 360g | 480g | Black Beans <i>drain & rinse</i> |
| 150g | 200g | Corn |
| 600g | 800g | Cooked Chopped Tomato |
| 150ml | 200ml | Sour Cream |
| 8g | 10g | Fresh Coriander <i>rinse, pick & roughly chop</i> |
| 2 | 2 | Fresh Limes <i>rinse & cut into wedges</i> |

From Your Kitchen

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

1. RICE & SHINE Place the rice in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. WELCOME TO FLAVOUR TOWN Boil the kettle. Place a pot, large enough for the bean chilli, over medium-high heat. When hot, add the onion and the carrot, and fry until soft, 4-5 minutes (shifting occasionally). Add the garlic, ½ the chilli (to taste), and the spice blend. Fry until fragrant, 1 minute (shifting constantly). Add the black beans, the corn, the cooked chopped tomato, and 450ml [600ml] of boiling water. Leave to simmer until reduced and thickened, 10-15 minutes (stirring occasionally).

3. ALMOST THERE... When the bean chilli is done, add seasoning and a sweetener (to taste).

4. BEAN THERE, ATE THAT! Plate up a generous helping of the rice and smother in the black bean chilli. Dollop over the sour cream. Top with the remaining chilli (to taste) and the coriander. Serve with a lime wedge. Dive in, Chef!

5. IN CASE YOU MISSED IT... UCOOK has a delicious range of Frozen Craft Meals! If you liked your Mexican Black Bean Chilli meal kit, why not try our Smoky Bean Chilli?