



# WCOOK

## Homemade Crunch Bowl & Smoky Beef

with charred corn & Peruvian green sauce

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Suné van Zyl

**Wine Pairing:** Painted Wolf Wines | The Pack Blacktip Mourvèdre

### Nutritional Info

	Per 100g	Per Portion
Energy	747kJ	6006kJ
Energy	179kcal	1437kcal
Protein	5.6g	45.3g
Carbs	10g	83g
of which sugars	2.2g	17.6g
Fibre	2.7g	21.4g
Fat	12.8g	102.6g
of which saturated	2.8g	22.9g
Sodium	231mg	1857mg

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Soy

**Spice Level:** Hot

Eat Within 2 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Corn
60g	80g	Danish-style Feta <i>drain</i>
150ml	200ml	Hellmann's Original Mayo
8g	10g	Fresh Coriander <i>rinse &amp; pick</i>
450g	600g	Beef Mince
2	2	Onions <i>peel &amp; finely dice 1½ [2]</i>
30ml	40ml	Old Stone Mill Mexican Spice
45g	60g	Chipotle Chillies In Adobo <i>finely chop</i>
300ml	400ml	Tomato Passata
180g	240g	Cannellini Beans <i>drain &amp; rinse</i>
3	4	Wheat Flour Tortillas
2 units	2 units	Guacamole

## From Your Kitchen

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

**1. CHARRED CORN** Preheat the oven to 200°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

**2. MAKE THE SAUCE** To a blender, add the feta, the mayo, and  $\frac{3}{4}$  of the coriander. Blend until smooth and season.

**3. SMOKY MINCE & BEANS** Return the pan to 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, 4-5 [5-6] minutes (shifting occasionally). Add the onion and fry until soft, 4-5 minutes. Add the Mexican spice and the chipotle chillies (to taste). Fry until fragrant, 30-60 seconds. Pour in the tomato passata, 300ml [400ml] of water, and simmer until reduced and thickened, 12-15 minutes. In the final 3-4 minutes, add the beans and cook until warmed through. Remove from the heat. Add a sweetener (to taste) and seasoning.

**4. TORTILLA BOWL** Place a shallow, oven-proof bowl on a baking tray with the opening facing up. Lightly oil the bowl. Lay the tortillas on a flat surface and lightly brush with oil on both sides. Place the tortillas in the oiled bowl and gently press into a bowl shape. Place the tray in the hot oven and bake until golden and crispy, 5-8 minutes. Remove from the oven and let the tortillas cool down before removing from the bowl. Alternatively, cut the tortillas into small triangles. Place a pan over medium-high heat with enough oil to cover the base. Fry the tortilla triangles until golden and crispy, 1-2 minutes (shifting as they colour). Drain on paper towel and season.

**5. BOWL 'EM OVER** Fill up the tortilla bowls with the loaded smoky mince, sprinkle over the charred corn, and drizzle over the Peruvian sauce. Dollop over the guacamole and garnish with the remaining coriander. Amazing, Chef!