



U C O O K

— COOKING MADE EASY

BBQ BURRITO BOWL

with corn on the cob, gem lettuce & sour cream

A bountiful bowl of burrito-style rice with red pepper, onion and black beans. Pump it up with charred baby gem lettuce and sour cream with fresh chives and lime for that invigorating Mexican zing.

Prep + Active Time: 25 minutes

Total Cooking Time: 40 minutes

 **Serves:** 1 person

 **Chef:** Tess Witney

 **Vegetarian**

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Ingredients

100ml	Brown Basmati Rice
150g	Baby Tomatoes <i>quartered</i>
3g	Fresh Chives <i>rinsed & finely chopped</i>
1	Whole Red Pepper <i>one half deseeded & diced</i>
1	Lime <i>zested & cut into wedges</i>
50ml	Sour Cream
1	Miellie
1	Baby Gem Lettuce <i>halved lengthways, rinsed & dried</i>
1	Onion <i>one half peeled & diced</i>
120g	Black Beans <i>drained & rinsed</i>
25ml	BBQ Sauce

From Your Kitchen

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



CHEF'S TIP

For the brown basmati rice, try to keep the lid on for the entire cooking and steaming time, only checking if necessary. This will ensure you get that perfect, nutty texture.

1. COOK THE RICE

Rinse the rice and place in a pot. Submerge it in 250ml of salted water. Bring to the boil with the lid on. Once boiling, reduce the heat and simmer for 20 minutes until most of the water has been absorbed. Then, keeping the lid on, remove from the heat and allow to steam for a further 10 minutes.

2. SALSA TIME!

Place the quartered baby tomatoes, half of the chopped chives, and half of the diced pepper in a bowl. Add some lime juice and lime zest to taste. Toss together and season to taste. In a bowl, combine the sour cream, the remaining chopped chives, and some lime juice to taste. Set both condiments aside for serving.

3. SMOKY CORN

Place a pan that has a lid over a high heat. Add a drizzle of oil and a splash of water. When simmering, place the corn on the cob in the pan and pop on the lid. Cook for 6-7 minutes until most of the water has evaporated. Remove the lid, add a knob of butter, and fry for a further 2 minutes until golden, turning as it colours. Set aside to cool.

4. CHAR THE LETTUCE

Return the pan to a medium-high heat with another drizzle of oil. When hot, char the gem lettuce halves cut-side down for about 2-3 minutes. On completion, remove from the pan and lightly season. Set aside for serving.

5. SAUCY RICE

When the rice is nearing completion, return the pan to a medium-high heat with another drizzle of oil. When hot, fry the diced onion for 2-3 minutes until soft and translucent, shifting occasionally. Add in the remaining diced pepper and fry for a further 1-2 minutes. Then, stir through the drained black beans and cook for 1-2 minutes.

6. FINISH OFF

Once the rice is cooked, add it to the pan with the BBQ sauce and stir through. Season to taste and remove from the pan on completion. Just before serving, cut the charred corn kernels off the cob.

7. BURRITO BOWL

Serve up a bowl of delish Mexican rice and crunchy corn. Top with the charred gem lettuce halves, some zesty salsa, and a dollop of tangy sour cream. Would you look at that, Chef!

Nutritional Information

Per 100g

Energy (kj)	428
Energy (kcal)	102
Protein	3
Carbs	17
of which sugars	2
Fibre	2
Fat	2
of which saturated	0
Salt	0

Cook within: 4 days

Allergens: Dairy Allium Alcohol



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Gluten-free