



UCOOK

Mexican Ostrich Bowl

with avocado & sour cream

Give your social media followers something to taco 'bout, Chef! Get the likes and comments going as you post a picture of your mouthwatering Mexican plate: fluffy jasmine rice topped with browned ostrich mince, featuring pops of corn & black beans. Sided with creamy avo, a drizzle of sour cream, a kick of jalapeno chilli & crispy onion.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Suné van Zyl

Quick & Easy

Bertha Wines | Bertha Shiraz 2021

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Ingredients & Prep

200ml	Jasmine Rice <i>rinse</i>
300g	Free-range Ostrich Mince
100g	Corn
2	Spring Onions <i>rinse, trim & roughly slice</i>
60ml	Tomato Paste
30ml	Taco Spice <i>(15ml Old Stone Mill Mexican Spice & 15ml NOMU Cajun Rub)</i>
120g	Black Beans <i>drain & rinse</i>
1	Avocado
125ml	Sour Cream
20g	Sliced Pickled Jalapeños
30ml	Crispy Onion Bits

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 400ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. SAUCY MINCE Place a pan over 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. Add the corn and fry until lightly golden, 4-5 minutes (shifting occasionally). Add the sliced spring onions, the tomato paste, and the taco spice. Fry until fragrant, 1-2 minutes. Mix in 200ml of water, the rinsed beans, and simmer until reduced and slightly thickening, 3-4 minutes. Remove from the heat, add a sweetener (to taste), and season.

3. AVO Halve the avocado and remove the pip. Peel the skin off, keeping the flesh intact. Thinly slice the avocado.

4. TIME TO EAT Dish up the fluffy rice, top with the saucy mince, side with the avocado slices, and dollop over the sour cream. Scatter over the drained jalapeño and the crispy onion bits.

Nutritional Information

Per 100g

Energy	750kJ
Energy	179kcal
Protein	7.6g
Carbs	19g
of which sugars	2g
Fibre	3.1g
Fat	8.1g
of which saturated	2.1g
Sodium	194.9mg

Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat
Within
4 Days