



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: 20 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Suné van Zyl

Quick & Easy

Bertha Wines | Bertha Shiraz 2021

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Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
450g	Free-range Ostrich Mince
150g	Corn
3	Spring Onions <i>rinse, trim & roughly slice</i>
90ml	Tomato Paste
45ml	Taco Spice <i>(22.5ml Old Stone Mill Mexican Spice & 22.5ml NOMU Cajun Rub)</i>
180g	Black Beans <i>drain & rinse</i>
2	Avocados
180ml	Sour Cream
30g	Sliced Pickled Jalapeños <i>drain</i>
45ml	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 600ml 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 300ml of water, the rinsed beans, and simmer until reduced and slightly thickening, 4-5 minutes. Remove from the heat, add a sweetener (to taste), and season.

3. AVO Halve the avocados and set aside one of the halves for another meal. 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