



UCCOOK

Mexican Avocado & Bean Bowl

with corn & crispy onion

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	621kJ	2908kJ
Energy	149kcal	696kcal
Protein	3.7g	17.4g
Carbs	12g	56g
of which sugars	1.6g	7.3g
Fibre	6g	28g
Fat	9.3g	43.7g
of which saturated	2.1g	10g
Sodium	18mg	84mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Avocado
40ml	80ml	Sour Cream
20g	40g	Green Leaves <i>rinse</i>
120g	240g	Red Kidney Beans <i>drain & rinse</i>
50g	100g	Corn
10g	20g	Sliced Pickled Jalapeños <i>drain</i>
5g	10g	Crispy Onion Bits
3g	5g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **SOUR CREAM & CREAMY AVO** Halve the avocado, peel off the avocado skin, keeping the flesh intact. Roughly slice the flesh and season. Loosen the sour cream with a splash of water until drizzling consistency and season.

2. **BEAN THERE, DONE THAT** In buddha bowl style, bowl up the green leaves, top with the beans, the corn, the jalapeños (to taste), the crispy onions, the avo and seasoning.

3. **FLAVOUR FIESTA** Drizzle over the sour cream, scatter with the coriander and dig in!