



UCCOOK

Vegetarian Mexican Bowl

with baby tomatoes, black beans & pickled jalapeños

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Samantha du Toit

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 571kJ | 2039kJ |
| Energy | 136kcal | 488kcal |
| Protein | 3.6g | 12.8g |
| Carbs | 19g | 68g |
| of which sugars | 2g | 8g |
| Fibre | 2g | 9g |
| Fat | 4.8g | 17.3g |
| of which saturated | 1.4g | 5g |
| Sodium | 128.2mg | 458mg |

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|--|
| 150ml | 200ml | Brown Basmati Rice <i>rinse</i> |
| 240g | 320g | Baby Tomatoes <i>rinse & cut in half</i> |
| 180g | 240g | Black Beans <i>drain & rinse</i> |
| 60ml | 80ml | Pesto Princess Coriander & Chilli Pesto |
| 150g | 200g | Corn |
| 120ml | 160ml | Sour Cream |
| 60g | 80g | Green Leaves <i>rinse & shred</i> |
| 60g | 80g | Pickled Onions <i>drain & roughly slice</i> |
| 60g | 80g | Sliced Pickled Jalapeños <i>drain</i> |
| 8g | 10g | Fresh Coriander <i>rinse, pick & roughly chop</i> |

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water

1. FLUFFY RICE

Place the rinsed rice in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 20-25 minutes. Drain (if necessary) and cover.

2. TANGY BEANS In a separate bowl, toss together the tomatoes, the beans, and ½ the pesto. Season and set aside.

3. CHARRED CORN

Place a pan over medium-high heat and lightly add cooking spray. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

4. PESTO CREAM In a small bowl, combine the sour cream and the remaining pesto. Season and loosen with water in 5ml increments until drizzling consistency. Set aside.

5. MMMEXICAN MEAL Dish up a base of steaming rice and top with the leaves. Scatter over the dressed tomatoes and beans, the corn, and the onions. Drizzle it all with the pesto sour cream. Garnish with the jalapeños (to taste), and the coriander.