



UCCOOK

Tex-Mex Buddha Bowl

with creamy avocado

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Veggie: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Waterkloof | False Bay Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	482kJ	2645kJ
Energy	115kcal	633kcal
Protein	2.7g	15g
Carbs	11g	59g
of which sugars	1.9g	10.2g
Fibre	4.4g	24.2g
Fat	6.6g	36.4g
of which saturated	1g	5.7g
Sodium	220mg	1208mg

Allergens: Allium, Sesame, Sulphites, Tree Nuts

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
7,5ml	10ml	Vegetable Stock
120g	160g	Corn
360g	480g	Black Beans <i>drain & rinse</i>
30g	40g	Piquanté Peppers <i>drain</i>
7,5ml	10ml	Dried Chilli Flakes
60g	80g	Green Leaves <i>rinse & roughly shred</i>
225g	300g	Shredded Cabbage & Julienne Carrots
30ml	40ml	Lemon Juice
125ml	160ml	Buttanut Macadamia Nut Yoghurt
3	4	Avocados <i>cut in half & peel</i>
30ml	40ml	Old Stone Mill Everything Bagel Spice

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey

1. BEAN THERE, DONE THAT Boil the kettle. Dilute the stock with 160ml [200ml] of boiling water and set aside. Place a pan over high heat with a drizzle of oil. When hot, fry the corn and the black beans until slightly charred, 5-7 minutes (shifting occasionally). Lower the heat, and stir in the stock, the peppers, and ½ the chilli flakes (to taste). Simmer until slightly reduced, 1-2 minutes. Add a sweetener and seasoning. Transfer to a bowl, cover, and set aside.

2. VEGGIES & YOGHURT DRIZZLE In a salad bowl, toss the green leaves, the cabbage and carrot mix, and a drizzle of olive oil, and the lemon juice. Set aside. In a separate bowl, add the yoghurt and seasoning.

3. SPICE THE AVO Coat the avocado in the bagel spice and seasoning.

4. PLATE UP AND ENJOY Bowl up the zingy slaw and the spicy beans & corn. Top with the avocado and a drizzle of the yoghurt. Finish it off with any remaining chilli flakes (to taste). Dig in, Chef!

Chef's Tip Drizzle some lemon juice over the avocado to prevent browning.