

UCCOOK

Vegetarian Mexican Bowl

with baby tomatoes, black beans & pickled jalapeños

Hands-on Time: 30 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 1 & 2

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 1	[Serves 2]	
50ml	100ml	Brown Basmati Rice <i>rinse</i>
80g	160g	Baby Tomatoes <i>rinse & cut in half</i>
60g	120g	Black Beans <i>drain & rinse</i>
20ml	40ml	Pesto Princess Coriander & Chilli Pesto
50g	100g	Corn
40ml	80ml	Sour Cream
20g	40g	Green Leaves <i>rinse & shred</i>
20g	40g	Pickled Onions <i>drain & roughly slice</i>
20g	40g	Sliced Pickled Jalapeños <i>drain</i>
3g	5g	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 150ml [300ml] 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, 3-4 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.