

# UCCOOK

## Tex-Mex Buddha Bowl

with creamy avocado

**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

**Veggie:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Waterkloof | False Bay Chardonnay

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 480kJ    | 2636kJ      |
| Energy             | 115kcal  | 630kcal     |
| Protein            | 2.7g     | 15.1g       |
| Carbs              | 11g      | 58g         |
| of which sugars    | 1.7g     | 9.4g        |
| Fibre              | 4.4g     | 24.3g       |
| Fat                | 6.6g     | 36.5g       |
| of which saturated | 1g       | 5.7g        |
| Sodium             | 220mg    | 1206mg      |

**Allergens:** Sulphites, Sesame, Tree Nuts, Allium

**Spice Level:** Mild

Eat Within 2 Days



## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |  |
|----------|------------|--|
| 2,5ml    | 5ml        | Vegetable Stock                                  |
| 40g      | 80g        | Corn   |
| 120g     | 240g       | Black Beans<br><i>drain &amp; rinse</i>          |
| 10g      | 20g        | Sliced Pickled Jalapeños<br><i>drain</i>         |
| 2,5ml    | 5ml        | Dried Chilli Flakes                              |
| 20g      | 40g        | Green Leaves<br><i>rinse &amp; roughly shred</i> |
| 75g      | 150g       | Shredded Cabbage &<br>Julienne Carrots           |
| 10ml     | 20ml       | Lemon Juice                                      |
| 40ml     | 80ml       | Buttanut Macadamia Nut<br>Yoghurt                |
| 1        | 2          | Avocado/s<br><i>cut in half &amp; peel</i>       |
| 10ml     | 20ml       | Old Stone Mill Everything<br>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 65ml [100ml] 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, 3-5 minutes (shifting occasionally). Lower the heat, and stir in the stock, the jalapeños, 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, a drizzle of olive oil, and the lemon juice (to taste). 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 and 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.