



UCCOOK

Mexican Avocado & Bean Bowl

with corn & crispy onion

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

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 3 [Serves 4]

8g	10g	Fresh Coriander <i>rinse & pick</i>
30g	40g	Sliced Pickled Jalapeños <i>drain</i>
360g	480g	Red Kidney Beans <i>drain & rinse</i>
120ml	160ml	Sour Cream
15g	15g	Crispy Onion Bits
2	2	Avocados
150g	200g	Corn
60g	80g	Green Leaves <i>rinse</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!