



UCOOK

Vegetarian Mexican Bowl

with baby tomatoes, black beans & pickled jalapeños

A satisfying portion of steaming basmati rice is topped with fresh greens, a tangy, rich mix of baby tomatoes, black beans & pickled onion, with a side of sweet corn on the cob with silky, pan-fried onion. Dollop over the Pesto Princess Coriander & Chilli Pesto-infused sour cream, and garnish with some spicy jalapeños.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Samantha du Toit

***New Calorie Conscious**

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Ingredients & Prep

200ml	Brown Basmati Rice <i>rinse</i>
1	Onion <i>peel & finely slice</i>
80ml	White Wine Vinegar
320g	Baby Tomatoes <i>rinse & cut in half</i>
240g	Black Beans <i>drain & rinse</i>
30ml	Pesto Princess Coriander & Chilli Pesto
4	Corn On The Cob <i>rinse & remove silks</i>
125ml	Sour Cream
80g	Green Leaves <i>rinse & shred</i>
60g	Pickled Jalapeños <i>drain, cut in half & thinly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. FLUFFY RICE Place the rinsed rice in a pot with 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. PICKLED ONION Place ½ the sliced onion into a bowl with the vinegar, a splash of water and seasoning. Set aside.

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

4. CHARRED CORN Place a pan (that has a lid) over medium heat with enough water to cover the base. Add the corn and bring to a simmer. Once simmering, cover and cook until all the water has evaporated, 8-10 minutes. Remove the lid, add the remaining onion and fry until lightly charred, 4-5 minutes (turning as it colours). Remove from the pan and set aside.

5. 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.

6. MMMEXICAN MEAL Dish up a base of steaming rice and top with the shredded leaves. Scatter over the dressed tomatoes & beans, and the pickled onions. Serve the charred onion and corn on the cob alongside. Drizzle it all with the pesto sour cream. Garnish with the sliced jalapeños (to taste).

Nutritional Information

Per 100g

Energy	401kJ
Energy	96kcal
Protein	2.8g
Carbs	16g
of which sugars	3g
Fibre	2g
Fat	2.3g
of which saturated	0.7g
Sodium	50.4mg

Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts

Eat
Within
4 Days