



UCCOOK

Mexican Avocado & Bean Bowl

with corn & crispy onion

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	638kJ	2604kJ
Energy	153kcal	623kcal
Protein	3.1g	12.8g
Carbs	12g	48g
of which sugars	1.7g	6.9g
Fibre	5.8g	23.7g
Fat	10.7g	43.5g
of which saturated	2.4g	9.9g
Sodium	20mg	82mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Avocado
40ml	80ml	Sour Cream
60g	120g	Red Kidney Beans <i>drain & rinse</i>
20g	40g	Green Leaves <i>rinse</i>
50g	100g	Corn
10g	20g	Sliced Pickled Jalapeños <i>drain</i>
5g	10g	Crispy Onion Bits
3g	5g	Fresh Chives <i>rinse & roughly chop</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 chives and dig in!