

UCCOOK

Vegetarian Mexican Bowl

with baby tomatoes, black beans & pickled jalapeños

Hands-on Time: 35 minutes

Overall Time: 50 minutes

***New Calorie Conscious:** Serves 3 & 4

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 3	[Serves 4]	
150ml	200ml	Brown Basmati Rice <i>rinse</i>
240g	320g	Baby Tomatoes <i>rinse & cut in half</i>
180g	240g	Black Beans <i>drain & rinse</i>
60ml	80ml	Pesto Princess Coriander & Chilli Pesto
150g	200g	Corn
120ml	160ml	Sour Cream
60g	80g	Green Leaves <i>rinse & shred</i>
60g	80g	Pickled Onions <i>drain & roughly slice</i>
60g	80g	Sliced Pickled Jalapeños <i>drain</i>
8g	10g	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 450ml [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. 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, 4-6 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.