



# UCOOK

## Mexican Ostrich Bowl

**with avocado & sour cream**

Give your social media followers something to taco 'bout, Chef! Get the likes and comments going as you post a picture of your mouthwatering Mexican plate: fluffy jasmine rice topped with browned ostrich mince, featuring pops of corn & black beans. Sided with creamy avo, a drizzle of sour cream, a kick of jalapeno chilli & crispy onion.

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 4 People

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**Chef:** Suné van Zyl

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Quick & Easy

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Bertha Wines | Bertha Shiraz 2021

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## Ingredients & Prep

400ml	Jasmine Rice <i>rinse</i>
600g	Free-range Ostrich Mince
200g	Corn
4	Spring Onions <i>rinse, trim &amp; roughly slice</i>
125ml	Tomato Paste
60ml	Taco Spice <i>(30ml Old Stone Mill Mexican Spice &amp; 30ml NOMU Cajun Rub)</i>
240g	Black Beans <i>drain &amp; rinse</i>
2	Avocados
250ml	Sour Cream
40g	Sliced Pickled Jalapeños <i>drain</i>
60ml	Crispy Onion Bits

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. RICE** Place the rinsed rice in a pot with 800ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. SAUCY MINCE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Add the corn and fry until lightly golden, 5-6 minutes (shifting occasionally). Add the sliced spring onions, the tomato paste, and the taco spice. Fry until fragrant, 1-2 minutes. Mix in 400ml of water, the rinsed beans, and simmer until reduced and slightly thickening, 4-5 minutes. Remove from the heat, add a sweetener (to taste), and season.

**3. AVO** Halve the avocados and remove the pips. Peel the skin off, keeping the flesh intact. Thinly slice the avocado.

**4. TIME TO EAT** Dish up the fluffy rice, top with the saucy mince, side with the avocado slices, and dollop over the sour cream. Scatter over the drained jalapeño and the crispy onion bits.

## Nutritional Information

Per 100g

Energy	750kJ
Energy	179kcal
Protein	7.6g
Carbs	19g
of which sugars	2g
Fibre	3.1g
Fat	8.1g
of which saturated	2.1g
Sodium	194.9mg

## Allergens

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

Eat  
Within  
4 Days