



# UCCOOK

## Black Bean & Smoked Chicken Salad

with a sour cream dressing

**Hands-on Time:** 15 minutes

**Overall Time:** 15 minutes

**Lunch:** Serves 3 & 4

**Chef:** Jemimah Smith

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 502kJ    | 2122kJ      |
| Energy             | 120kcal  | 507kcal     |
| Protein            | 5.9g     | 24.9g       |
| Carbs              | 10g      | 41g         |
| of which sugars    | 2.3g     | 9.8g        |
| Fibre              | 2.4g     | 6.2g        |
| Fat                | 6.3g     | 26.7g       |
| of which saturated | 2.3g     | 9.9g        |
| Sodium             | 393.4mg  | 1.7mg       |

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

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

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|          |            |   |
|----------|------------|---|
| Serves 3 | [Serves 4] |   |
| 150g     | 200g       | Corn  |
| 120g     | 160g       | Salad Leaves<br><i>rinse &amp; roughly shred</i>          |
| 180g     | 240g       | Black Beans<br><i>drain &amp; rinse</i>                   |
| 2        | 2          | Tomatoes<br><i>rinse &amp; cut into bite-sized pieces</i> |
| 3        | 4          | Smoked Chicken Breasts<br><i>slice</i>                    |
| 15g      | 20g        | Crispy Onion Bits   |
| 90ml     | 125ml      | Sour Cream  |
| 15ml     | 20ml       | Old Stone Mill Mexican Spice                              |

## From Your Kitchen

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Seasoning (salt & pepper)

Water

**1. CORN** Boil the kettle. Submerge the corn in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

**2. ASSEMBLE!** In a bowl, combine the salad leaves, the beans, the tomato, and the corn. Top with the chicken and the crispy onion bits. In a small bowl, combine the sour cream, the Mexican spice, and water in 5ml increments until drizzling consistency. Drizzle over the salad. Lunch is served, Chef!