

UgCOOK

Green Bean, Corn & Beef Salad

with a mustard dressing & black beans

Hands-on Time: 40 minutes

Overall Time: 50 minutes

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

Chef: Hellen Mwanza

Nutritional Info	Per 100g	Per Portion
Energy	380kj	2078kj
Energy	91kcal	497kcal
Protein	8.1g	44.5g
Carbs	9g	51g
of which sugars	4g	22g
Fibre	2g	10g
Fat	4.4g	23.8g
of which saturated	0.5g	3g
Sodium	148.8mg	813.7mg

Allergens: Allium, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
120g	160g	Corn
2	2	Onions <i>peel & cut into thin wedges</i>
240g	320g	Green Beans <i>rinse & slice into thirds</i>
450g	600g	Beef Strips
15ml	20ml	NOMU BBQ Rub
180g	240g	Black Beans <i>drain & rinse</i>
60g	80g	Piquanté Peppers <i>drain</i>
2 units	2 units	UCOOK Honey Mustard Dressing

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and add to a salad bowl.

2. CHARRED VEGGIES Return the pan to medium heat with a drizzle of oil. When hot, fry the onion and the green beans until lightly charred, 6-7 minutes (shifting occasionally). Remove from the pan and add to the corn.

3. STRIPS Return the pan to high heat with a drizzle of oil. Pat the beef strips dry with paper towel and coat with the NOMU rub. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season. You may need to do this step in batches.

4. JUST BEFORE SERVING Add the black beans, and the peppers to the bowl with the veggies, toss to combine, and season.

5. DINNER IS READY Make a bed of the salad, top with the beef strips, and drizzle over the mustard dressing. Well done, Chef!