



uCOOK

Jalapeño & Corn Sour Cream Pita

with crispy onion bits & green leaves

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Caitlin Swanepoel

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 801kJ | 3089kJ |
| Energy | 192kcal | 739kcal |
| Protein | 3.8g | 14.5g |
| Carbs | 20g | 77g |
| of which sugars | 3.3g | 12.9g |
| Fibre | 2.1g | 8.2g |
| Fat | 9.7g | 37.6g |
| of which saturated | 5.8g | 22.4g |
| Sodium | 198.9mg | 767.5mg |

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

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|---|
| 150g | 200g | Corn |
| 60g | 80g | Sliced Pickled Jalapeños <i>drain & roughly chop</i> |
| 60g | 80g | Pickled Onions <i>drain & roughly chop</i> |
| 300ml | 400ml | Crème Fraîche |
| 3 | 4 | Pita Breads <i>cut in half</i> |
| 30g | 40g | Green Leaves <i>rinse</i> |
| 2 | 2 | Tomatoes <i>rinse & roughly dice 1½ [2]</i> |
| 30ml | 40ml | Crispy Onion Bits |

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **COMBINE** In a bowl, add the corn, the jalapeños (to taste), the pickled onion, and the crème fraîche. Season and mix well.

2. **TOAST** Heat the pita bread in a microwave until softened, 15 seconds. Once it has cooled slightly, slice the top open. Fill the pita with the green leaves, and the creamy jalapenos, and scatter over the tomato. Top with the crispy onion bits and dig in, Chef!