



Eat Within 4 Days

# UCOOK

## Black Bean & Smoked Chicken Salad

with a sour cream dressing

**Hands-on Time:** 0 minutes

**Overall Time:** 0 minutes

**Lunch:** Serves 3 & 4

**Chef:** Jemimah Smith

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 510kj    | 2204kj      |
| Energy             | 122kcal  | 527kcal     |
| Protein            | 5.8g     | 25.1g       |
| Carbs              | 10g      | 41g         |
| of which sugars    | 2.4g     | 10.2g       |
| Fibre              | 2.9g     | 12.2g       |
| Fat                | 6.6g     | 28.7g       |
| of which saturated | 2.5g     | 10.9g       |
| Sodium             | 385mg    | 1664.3mg    |

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

**Spice Level:** Hot

### Ingredients & Prep Actions:

|                 |                   |   |
|-----------------|-------------------|---|
| <b>Serves 3</b> | <b>[Serves 4]</b> |   |
| 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   |
| 125ml           | 160ml             | Sour Cream  |
| 15ml            | 20ml              | Old Stone Mill Mexican Spice                              |

### From Your Kitchen

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!