



# UCCOOK

## Fajita-style Chicken Casserole

with sour cream and jalapeños

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream Sauvignon Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	679kJ	4326kJ
Energy	163kcal	1035kcal
Protein	9.7g	61.7g
Carbs	14g	91g
of which sugars	3g	19.1g
Fibre	2.1g	13.3g
Fat	7.2g	46g
of which saturated	2.5g	15.9g
Sodium	305mg	1941mg

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
1	2	Free-range Chicken Breast/s
75g	150g	Sliced Onions
40g	80g	Corn
10ml	20ml	NOMU Mexican Spice Blend
10ml	20ml	Stock & Flour <i>(5ml [10ml] Chicken Stock &amp; 5ml [10ml] Cornflour)</i>
100ml	200ml	Tomato Passata
60g	120g	Black Beans <i>drain &amp; rinse</i>
50g	100g	Grated Mozzarella & Cheddar Cheese
20g	40g	Sliced Pickled Jalapeños <i>drain</i>
50ml	100ml	Sour Cream
80g	160g	Santa Anna's Corn Nachos

## From Your Kitchen

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Oil (cooking, olive OR coconut)  
Seasoning (Salt & Pepper)  
Water  
Paper Towel

**1. COOK & CHOP THE CHICKEN** Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. Remove from the pan, roughly chop, season, and set aside.

**2. CHEESY CASSEROLE** Return the pan to medium heat with a drizzle of oil. When hot, fry the onions, and the corn until golden, 4-5 minutes (shifting occasionally). Add the NOMU rub (to taste), and the stock & flour and fry until fragrant, 1-2 minutes. Pour in the tomato passata and 100ml [200ml] of water. Simmer until thickening, 8-10 minutes. In the final 3-4 minutes, mix in the beans, the chicken, and scatter over the cheese. Cover and allow the cheese to melt.

**3. DIP & DINE** Serve the casserole straight from the pan for a rustic touch, or plate individually if preferred. Scatter over the jalapenos, and dollop over the sour cream. Side with the nacho chips for dippers. Enjoy!