



# UCOOK

## Tex Mex Chicken Pasta Salad

**with spring onions, charred corn & black beans**

An effortless weeknight dinner packed with vibrant flavour! Pasta is tossed with black beans, grilled corn, pickled peppers, fresh tomatoes and finished off with a refreshing dollop of sour cream and a scatter of sharp spring onion.

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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 Easy Peasy

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 Robertson Winery | Sauvignon Blanc

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## Ingredients & Prep

300g	Macaroni
200g	Corn
40ml	NOMU Mexican Spice Blend
600g	Free-range Chicken Mini Fillets
170ml	Sour Cream
15g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>
240g	Black Beans <i>drained &amp; rinsed</i>
120g	Pickled Bell Peppers <i>drained &amp; roughly chopped</i>
2	Tomatoes <i>finely chopped</i>
4	Spring Onions <i>finely sliced</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. PASTA PARTY** Boil a full kettle. Fill a pot with the boiled water, add a pinch of salt, and place over a high heat. Once bubbling rapidly, add a drizzle of oil and cook the pasta for 10-12 minutes until al dente. Keep stirring for the first 3 minutes to prevent sticking, then stir sporadically during the remaining cooking time. Drain on completion, return to the pot, and toss through some oil to further prevent sticking.

**2. YOU HAVE BEEN CORNED** Place a pan over medium heat with a drizzle of oil. When hot, add the corn and fry for 4-5 minutes until lightly charred. In the final minute, add a knob of butter and ½ the rub. Toss until the corn is fully coated in the rub. Remove from the pan on completion.

**3. CHICKEN: CHECK!** Pat the chicken dry with paper towel and coat in the remaining rub. Return the pan to a medium heat with a drizzle of oil. When hot, fry the chicken for 1-2 minutes per side until cooked though. You may need to do this step in batches. Remove from the heat on completion and set aside to rest for 3 minutes.

**4. COMBINATION STATION** In a bowl, combine the sour cream with ½ the chopped coriander, seasoning, and a splash of water. In a salad bowl, add the cooked pasta, drained black beans, chopped pickled peppers, charred corn, chopped tomato, cooked chicken, seasoning, a drizzle of olive oil, and ½ the coriander sour cream. Toss until fully combined.

**5. DINNER IS SERVED!** Dish up a hearty portion of the pasta salad. Dollop over the remaining sour cream and sprinkle over the sliced spring onion. Garnish with the remaining coriander. Beautiful work, Chef!

## Nutritional Information

Per 100g

Energy	526kJ
Energy	126Kcal
Protein	9.1g
Carbs	16g
of which sugars	2.7g
Fibre	1.7g
Fat	2.7g
of which saturated	1.1g
Sodium	190.4mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days