UCOOK

Mexi Beef Taco Salad

with black beans, sour cream & crispy tortillas

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Family Range Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	766kJ	2683kJ
Energy	183kcal	642kcal
Protein	10.1g	35.2g
Carbs	11g	38g
of which sugars	1.9g	6.8g
Fibre	1.8g	6.3g
Fat	10.9g	38.1g
of which saturated	4.5g	15.9g
Sodium	216mg	757mg

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

Spice Level: MILD

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Wheat Flour Tortilla
150g	300g	Beef Mince
15ml	30ml	Tomato Paste
5ml	10ml	Old Stone Mill Mexican Spice
60g	120g	Black Beans *drain & rinse*
30ml	60ml	Sour Cream
40g	80g	Green Leaves *rinse & finely shred*
10g	20g	Sliced Pickled Jalapeños *drain & roughly chop*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey (optional)
Paper Towel

1. CRISPY TORTILLAS Cut the flour tortilla in half and cut the halves into strips. Coat in oil and seasoning. Place a pan over medium heat. When hot, add the strips and fry until crispy, 1-2 minutes per side. Drain on paper towel. Alternatively: Coat the tortilla strips in oil and season. Air fry at 180℃ until crispy, 5-8 minutes.

2. TACO MINCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 [5-4] minutes (shifting occasionally). Mix in the tomato paste and the Mexican spice. Fry until fragrant and add 50ml [100ml] of water. Simmer until reduced, 3-4 minutes. In the final 1-2 minutes, mix in the beans, a sweetener (optional) (to taste), and seasoning.

3. SOME PREP Loosen the sour cream with water in 5ml increments until drizzling consistency.

4. DINNER TIME! Make a bed of the green leaves, top with the taco mince, drizzle over the sour cream, and scatter over the crispy tortilla strips. Garnish with jalapeños (to taste).