

UCOOK

Mexican Beef Taco Salad

with fresh coriander, chipotle charred corn & limey sour cream


If you mix 'me' and 'can', what do you get? A mouthwatering Mexican meal anyone can make! That's because you're essentially making a deconstructed taco as a salad, Chef. Fresh green leaves are tossed with lime-flavoured sour cream, dots of charred corn, butter-basted beef strips, yummy barlotti beans, plus creamy avo as a delicious bonus.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Thea Richter

 Carb Conscious

 Waterford Estate | Waterford OVP Chenin Blanc 2020

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Ingredients & Prep

30ml	Lime Juice
90ml	Sour Cream
30g	Sunflower Seeds
2	Avocados
150g	Corn
7,5ml	NOMU Chipotle Flakes
360g	Borlotti Beans <i>drained & rinsed</i>
450g	Free-range Beef Strips
30ml	NOMU Mexican Spice Blend
60g	Green Leaves <i>rinsed & roughly shredded</i>
2	Tomatoes <i>roughly diced</i>
12g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. LET'S GET GOING! In a bowl, combine ½ the lime juice, the sour cream, and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

2. A NEED FOR SEEDS Place the sunflower seeds in a large pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

3. I'LL HAVO SOME AVO Halve the avocados and set aside one of the halves containing the pip for another meal. Peel off the avocado skin, keeping the flesh intact. Slice and season with salt, pepper, and the remaining lime juice.

4. NOTHING CORNY 'BOUT THIS Return the pan to a high heat with a drizzle of oil and a knob of butter. When hot, add the corn and fry for 5-6 minutes until charred, shifting occasionally. In the final minute, add the chipotle flakes (to taste) and the drained borlotti beans. Remove from the heat, season, and set aside.

5. BROWN THE BEEF Return the pan, wiped down, to a medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When the pan is hot, add the beef and fry for 2-4 minutes until browned, shifting as it colours. You may need to do this step in batches. In the final minute, baste with a knob of butter and the spice blend. Remove from the pan and drain on paper towel. In a bowl, combine the shredded leaves, the diced tomatoes, a drizzle of oil, and seasoning.

6. AS SIMPLE AS THAT Plate up the charred corn & beans, the browned beef, the tomato salad, and the avo slices. Drizzle over the loosened sour cream. Sprinkle over the sunflower seeds and the chopped coriander.

Nutritional Information

Per 100g

Energy	503kJ
Energy	120kcal
Protein	8.2g
Carbs	9g
of which sugars	1.7g
Fibre	3.1g
Fat	6.1g
of which saturated	1.4g
Sodium	156mg

Allergens

Dairy, Allium

Cook
within 2
Days