



UCCOOK

Charred Corn & Spicy Beef Strips

with jalapeños & black beans

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Niñida | Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	391kj	2327kj
Energy	93kcal	557kcal
Protein	8.4g	50g
Carbs	9g	54g
of which sugars	2.1g	12.4g
Fibre	1.9g	11.2g
Fat	2.4g	14.2g
of which saturated	1g	6.1g
Sodium	165mg	982mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Corn
120g	240g	Black Beans <i>drain & rinse</i>
10ml	20ml	NOMU Cajun Rub
150g	300g	Beef Schnitzel (without crumb) <i>pat dry & cut into 1cm thick strips</i>
40ml	80ml	Sour Cream
15ml	30ml	Lemon Juice
40g	80g	Green Leaves <i>rinse</i>
1	2	Tomato/es <i>rinse & roughly dice</i>
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
3g	5g	Fresh Oregano <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. CORN & BEANS Place a pan over medium-high heat with a drizzle of oil and a knob of butter. Fry the corn until lightly charred, 5-6 minutes (shifting occasionally). Add the beans and ½ the NOMU rub, and fry until warmed through, 2-3 minutes. Remove from the heat and season.

2. BEEF STRIPS Return the pan, wiped down, to high heat with a drizzle of oil and a knob of butter. Pat the beef strips dry with paper towel, coat with the remaining NOMU rub and season. Fry the beef strips until browned, 10-20 seconds per side (shifting occasionally). Remove from the pan and reserve any pan juices.

3. DRESSING In a small bowl, combine the sour cream, lemon juice (to taste), and seasoning. Loosen with water in 5ml increments until drizzling consistency.

4. DINNER IS READY In a salad bowl, make a bed of the green leaves. Scatter over the beans and corn, the tomato, and the jalapeño (to taste). Top with the beef, the pan juices (to taste) and drizzle over the tangy sour cream. Garnish with the oregano. Well done, Chef!