



# uCOOK

## Jalapeño & Corn Sour Cream Pita

with crispy onion bits & green leaves

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**Chef:** Caitlin Swanepoel

Nutritional Info	Per 100g	Per Portion
Energy	801kJ	3089kJ
Energy	192kcal	739kcal
Protein	3.8g	14.5g
Carbs	20g	77g
of which sugars	3.3g	12.9g
Fibre	2.1g	8.2g
Fat	9.7g	37.6g
of which saturated	5.8g	22.4g
Sodium	198.9mg	767.5mg

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

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Corn
20g	40g	Sliced Pickled Jalapeños <i>drain &amp; roughly chop</i>
20g	40g	Pickled Onions <i>drain &amp; roughly chop</i>
100ml	200ml	Crème Fraîche
1	2	Pita Bread/s <i>cut in half</i>
10g	20g	Green Leaves <i>rinse</i>
1	1	Tomato <i>rinse &amp; roughly dice ½ [1]</i>
10ml	20ml	Crispy Onion Bits

## From Your Kitchen

Seasoning (salt & pepper)

Water

1. **COMBINE** In a bowl, add the corn, the jalapeños (to taste), the pickled onion, and the crème fraîche. Season and mix well.

2. **TOAST** Heat the pita bread in a microwave until softened, 15 seconds. Once it has cooled slightly, slice the top open. Fill the pita with the green leaves, and the creamy jalapenos, and scatter over the tomato. Top with the crispy onion bits and dig in, Chef!