



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: Nitída | Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	399kJ	2299kJ
Energy	96kcal	550kcal
Protein	8.6g	49.6g
Carbs	9g	53g
of which sugars	2g	11.5g
Fibre	1.9g	11.1g
Fat	2.4g	14.1g
of which saturated	1.1g	6.6g
Sodium	152mg	876mg

Allergens: Sulphites, Cow's Milk

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 Taco Mex Mix
150g	300g	Beef Strips
40ml	80ml	Sour Cream
15ml	30ml	Lemon Juice
20g	40g	Green Leaves
1	2	Tomato/es
10g	20g	Sliced Pickled Jalapeños
3g	5g	Fresh Parsley

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 pan 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 dry with paper towel, coat with the remaining NOMU rub and season. Fry the beef strips until browned, 20-30 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 parsley. Well done, Chef!