Eat Within 4 Days

QCOOK

Charred Corn & Spicy Beef Strips

with baby tomatoes & black beans

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	426.7kJ	2371.6kJ
Energy	102.1kcal	567.3kcal
Protein	8.9g	49.6g
Carbs	9.4g	52.5g
of which sugars	1.8g	9.9g
Fibre	2g	11g
Fat	2.9g	16.2g
of which saturated	1.3g	7.1g
Sodium	177.6mg	987.3mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Hot

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Corn
120g	240g	Black Beans *drain & rinse*
10ml	20ml	NOMU Cajun Rub
150g	300g	Beef Strips
50ml	100ml	Sour Cream
15ml	30ml	Lemon Juice
20g	40g	Green Leaves *rinse*
80g	160g	Baby Tomatoes *rinse & cut in half*
10g	20g	Sliced Pickled Jalapeños *drain & roughly chop*
3g	5g	Fresh Oregano *rinse & pick*

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, 20-30 seconds (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!