

QCOOK

Zingy Black Bean & Chicken Salad

with a creamy jalapeño cottage cheese

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Calorie Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	350kj	1851kj
Energy	84kcal	443kcal
Protein	10g	52.9g
Carbs	8g	41g
of which sugars	2g	8g
Fibre	2g	11g
Fat	1.5g	7.7g
of which saturated	0.5g	2.6g
Sodium	184mg	974mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Moderate

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Corn
120g	240g	Black Beans <i>drain & rinse</i>
7,5ml	15ml	NOMU Cajun Rub
1	2	Free-range Chicken Breast/s
50ml	100ml	Low Fat Cottage Cheese
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
3g	5g	Fresh Chives <i>rinse & finely slice</i>
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
80g	160g	Baby Tomatoes <i>rinse & cut in half</i>
15ml	30ml	Lemon Juice

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray

1. CORN & BEANS Place a pan over medium-high heat. When hot, add the corn and lightly coat with cooking spray. Fry until lightly charred, 4-6 minutes (shifting occasionally). In the final 2-3 minutes, mix in the beans, ½ the NOMU rub, and fry until warmed through. Remove from the pan, season and set aside.

2. CHICKEN Return the pan (with a lid) to medium heat. Pat the chicken dry with paper towel, lightly coat with cooking spray and the remaining rub. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. Remove from the pan and rest for 5 minutes before slicing and seasoning. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

3. SOME PREP In a bowl, combine the cottage cheese, jalapeños (to taste), and the chives. Loosen with water in 5ml increments until drizzling consistency. In a salad bowl, combine the salad leaves, baby tomatoes, lemon juice, corn and bean mixture, and seasoning.

4. TIME TO EAT Bowl up the loaded salad, top with the sliced chicken, and finish with drizzles of the flavourful cottage cheese. Well done, Chef!