



UCOOK

Wholesome Mexican Beef Salad

with charred corn & bulgur wheat

This fresh and colourful beef salad bowl is quick and easy to prepare. Made with Mexican-inspired bulgur wheat, tender beef stroganoff, tangy tomatoes and golden charred corn. Finished off with dollops of moreish guacamole and a sprinkling of coriander. Your amigos will love it!


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Morgan Nell

 ***NEW Simple & Save**

 Waterford Estate | Waterford OVP Chenin Blanc 2020

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Ingredients & Prep

300ml	Bulgur Wheat
20ml	NOMU Mexican Spice Blend
160g	Corn
80g	Green Leaves <i>rinsed & roughly shredded</i>
600g	Beef Strips
2	Tomatoes <i>roughly diced</i>
160g	Guacamole
15g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. FLUFFED BULGUR Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 400ml of boiling water. Add a drizzle of oil, ½ the spice blend, and some seasoning. Gently stir through with a fork. Cover with a plate and set aside to steam for 5-8 minutes until tender. Once cooked, fluff up with the fork.

2. CHARRED CORN & GREEN LEAVES Place a pan over a high heat with a drizzle of oil. When hot, fry the corn for 4-5 minutes until charred, shifting occasionally. Set aside. Just before serving, toss the shredded green leaves with the corn.

3. JUICY BEEF STROG Return the pan to a high heat with a drizzle of oil, if necessary. When hot, fry the beef pieces with the remaining spice blend for 2-3 minutes until browned, shifting occasionally. Remove from the pan and season.

4. GRUB'S UP! Serve the salad buddha-bowl style! Plate up the bulgur wheat and juicy beef. Side with the diced tomatoes, the charred corn & green leaves, and dollop over the guacamole. Finish with a garnish of the chopped coriander. Excellent, Chef!

Nutritional Information

Per 100g

Energy	573kj
Energy	137kcal
Protein	11.7g
Carbs	15g
of which sugars	1.3g
Fibre	3g
Fat	3.3g
of which saturated	0.8g
Sodium	92mg

Allergens

Gluten, Allium, Wheat

Cook
within
4 Days