



UCCOOK

Wholesome Mexican Beef Bowl

with charred corn & millet

This fresh and colourful beef salad bowl is quick and easy to prepare. Made with Mexican-inspired millet, tender beef strips, 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: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Morgan Offen

 ***NEW Simple & Save**

 **Waterford Estate | Waterford Old Vine Chenin Blanc**

Loved the dish? Let us know. Join the **UCCOOK** community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

75ml	Millet <i>rinsed</i>
5ml	NOMU Mexican Spice Blend
40g	Corn
20g	Green Leaves <i>rinsed & roughly shredded</i>
150g	Beef Strips
1	Tomato <i>rinsed & roughly diced</i>
40g	Guacamole
3g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. FLUFFED MILLET Place the rinsed millet in a pot over medium heat. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 150ml of salted water, a drizzle of olive oil, and ½ the spice blend. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

2. CHARRED CORN & GREEN LEAVES Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. Just before serving, toss the shredded green leaves through the corn.

3. JUICY BEEF Pat the beef dry with paper towel. Return the pan to high heat with a drizzle of oil. When hot, fry with the remaining spice blend until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season.

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

Nutritional Information

Per 100g

Energy	616kJ
Energy	147kcal
Protein	11.9g
Carbs	15g
of which sugars	1.1g
Fibre	2.4g
Fat	3.9g
of which saturated	0.8g
Sodium	93mg

Allergens

Gluten, Allium, Wheat

Cook
within 3
Days