



# 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!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 3 People


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**Chef:** Morgan Offen

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 **\*NEW Simple & Save**

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 Waterford Estate | Waterford Old Vine Chenin Blanc

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## Ingredients & Prep

225ml	Millet <i>rinsed</i>
15ml	NOMU Mexican Spice Blend
120g	Corn
60g	Green Leaves <i>rinsed &amp; roughly shredded</i>
450g	Beef Strips
2	Tomatoes <i>rinsed &amp; roughly diced</i>
80g	Guacamole
8g	Fresh Coriander <i>rinsed &amp; 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, 4-6 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. You may need to do this step in batches.

**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