



# UCCOOK

## Grilled Chicken & Cowboy Salsa

with corn nachos & sour cream

A loaded salsa of black beans, fresh tomato, charred corn, creamy avo, spring onion, coriander, & a zesty lemon vinaigrette is served with a juicy chicken breast, sour cream, and crunchy corn nachos for scooping. It'll have you sayin', "Yee-haw!"

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**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Rhea Hsu

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 Fan Faves

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 Alvi's Drift | Sparkling Brut Blanc de Blanc

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## Ingredients & Prep

|      |  |
|------|--|
| 50g  | Corn   |
| 1    | Avocado  |
| 1    | Lemon<br><i>cut into wedges</i>                            |
| 1    | Free-range Chicken Breast                                  |
| 10ml | NOMU Mexican Spice Blend                                   |
| 1    | Tomato<br><i>½ roughly diced</i>                           |
| 60g  | Black Beans<br><i>drained &amp; rinsed</i>                 |
| 1    | Spring Onion<br><i>rinsed, trimmed &amp; finely sliced</i> |
| 4g   | Fresh Coriander<br><i>rinsed &amp; picked</i>              |
| 30ml | Sour Cream   |
| 80g  | Heirloom Corn Nachos                                       |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter

**1. CHARRED CORN** Place a pan (that has a lid) over a high heat with a drizzle of oil. When hot, fry the corn until slightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. HAVO SOME AVO** Halve the avocado and set aside the half containing the pip for another meal. Peel off the skin and roughly dice. Squeeze over the juice of 1 lemon wedge, season, and set aside.

**3. HOWDY, CHICKY!** Return the pan to a medium heat with a drizzle of oil. Pat the chicken breast dry with paper towel. When the pan is hot, fry the chicken on one side until crispy, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and  $\frac{2}{3}$  of the NOMU spice blend. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. COWBOY SALSA** In a salad bowl, combine the juice of 1 lemon wedge, a drizzle of olive oil, the remaining NOMU spice blend, a sweetener, and seasoning. Toss through the charred corn, the diced tomato, the rinsed black beans, the dressed avo, the sliced spring onion (to taste), and  $\frac{1}{2}$  the picked coriander.

**5. PLATE UP!** Plate up the sliced chicken and top with a dollop of sour cream and the remaining picked coriander. Serve with the cowboy salsa and the nachos for scooping. Enjoy, Partner!



## Chef's Tip

If you have some extra time, shred the chicken after it has been cooked and toss it through the salsa!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 643kJ   |
| Energy             | 154kcal |
| Protein            | 7.9g    |
| Carbs              | 14g     |
| of which sugars    | 1.7g    |
| Fibre              | 3.5g    |
| Fat                | 7.7g    |
| of which saturated | 1.4g    |
| Sodium             | 203mg   |

## Allergens

Dairy, Allium

Cook  
within 3  
Days