



UCOOK

Tex Mex Chicken Pasta Salad

with spring onions, charred corn & black beans

An effortless weeknight dinner packed with vibrant flavour! Pasta is tossed with black beans, grilled corn, pickled peppers, fresh tomatoes and finished off with a refreshing dollop of sour cream and a scatter of sharp spring onion.


Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Kate Gomba

 Easy Peasy

 Robertson Winery | Sauvignon Blanc

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

Ingredients & Prep

225g	Macaroni
150g	Corn
30ml	NOMU Mexican Spice Blend
450g	Free-range Chicken Mini Fillets
125ml	Sour Cream
12g	Fresh Coriander <i>rinsed & roughly chopped</i>
180g	Black Beans <i>drained & rinsed</i>
90g	Pickled Bell Peppers <i>drained & roughly chopped</i>
2	Tomatoes <i>finely chopped</i>
3	Spring Onions <i>finely sliced</i>

From Your Kitchen

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

1. PASTA PARTY Boil a full kettle. Fill a pot with the boiled water, add a pinch of salt, and place over a high heat. Once bubbling rapidly, add a drizzle of oil and cook the pasta for 10-12 minutes until al dente. Keep stirring for the first 3 minutes to prevent sticking, then stir sporadically during the remaining cooking time. Drain on completion, return to the pot, and toss through some oil to further prevent sticking.

2. YOU HAVE BEEN CORNED Place a pan over medium heat with a drizzle of oil. When hot, add the corn and fry for 4-5 minutes until lightly charred. In the final minute, add a knob of butter and ½ the rub. Toss until the corn is fully coated in the rub. Remove from the pan on completion.

3. CHICKEN: CHECK! Pat the chicken dry with paper towel and coat in the remaining rub. Return the pan to a medium heat with a drizzle of oil. When hot, fry the chicken for 1-2 minutes per side until cooked though. You may need to do this step in batches. Remove from the heat on completion and set aside to rest for 3 minutes.

4. COMBINATION STATION In a bowl, combine the sour cream with ½ the chopped coriander, seasoning, and a splash of water. In a salad bowl, add the cooked pasta, drained black beans, chopped pickled peppers, charred corn, chopped tomato, cooked chicken, seasoning, a drizzle of olive oil, and ½ the coriander sour cream. Toss until fully combined.

5. DINNER IS SERVED! Dish up a hearty portion of the pasta salad. Dollop over the remaining sour cream and sprinkle over the sliced spring onion. Garnish with the remaining coriander. Beautiful work, Chef!

Nutritional Information

Per 100g

Energy	526kJ
Energy	126Kcal
Protein	9.1g
Carbs	16g
of which sugars	2.7g
Fibre	1.7g
Fat	2.7g
of which saturated	1.1g
Sodium	190.4mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days