



UCCOOK

Fajita-style Chicken Casserole

with sour cream and jalapeños

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Sophie Germanier Organic | Chardonnay Organic

Nutritional Info

	Per 100g	Per Portion
Energy	681kJ	4302kJ
Energy	163kcal	1029kcal
Protein	9.6g	60.6g
Carbs	14g	91g
of which sugars	3g	19.1g
Fibre	2.1g	13.3g
Fat	7.3g	45.9g
of which saturated	2.5g	15.8g
Sodium	307mg	1939mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Chicken Mini Fillets
75g	150g	Sliced Onions
40g	80g	Corn
10ml	20ml	NOMU Mexican Spice Blend
10ml	20ml	Stock & Flour (5ml [10ml] Chicken Stock & 5ml [10ml] Cornflour)
100ml	200ml	Tomato Passata
60g	120g	Black Beans <i>drain & rinse</i>
50g	100g	Grated Mozzarella & Cheddar Cheese
20g	40g	Sliced Pickled Jalapeños <i>drain</i>
50ml	100ml	Sour Cream
80g	160g	Santa Anna's Corn Nachos

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. COOK & CHOP THE CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, roughly chop, season, and set aside.

2. CHEESY CASSEROLE Return the pan to medium heat with a drizzle of oil. When hot, fry the onions, and the corn until golden, 4-5 minutes (shifting occasionally). Add the NOMU rub (to taste), and the stock & flour and fry until fragrant, 1-2 minutes. Pour in the tomato passata and 100ml [200ml] of water. Simmer until thickening, 8-10 minutes. In the final 3-4 minutes, mix in the beans, the chicken, and scatter over the cheese. Cover and allow the cheese to melt.

3. DIP & DINE Serve the casserole straight from the pan for a rustic touch, or plate individually if preferred. Scatter over the jalapenos, and dollop over the sour cream. Side with the nacho chips for dippers. Enjoy!