



# UCCOOK

## Fajita-style Chicken Casserole

with sour cream and jalapeños

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Jade Summers

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 679kJ    | 4326kJ      |
| Energy             | 163kcal  | 1035kcal    |
| Protein            | 9.7g     | 61.7g       |
| Carbs              | 14g      | 91g         |
| of which sugars    | 3g       | 19.1g       |
| Fibre              | 2.1g     | 13.3g       |
| Fat                | 7.2g     | 46g         |
| of which saturated | 2.5g     | 15.9g       |
| Sodium             | 305mg    | 1941mg      |

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                         |
|----------|------------|-------------------------------------------------------------------------|
| 3        | 4          | Free-range Chicken Breasts                                              |
| 225g     | 300g       | Sliced Onions                                                           |
| 120g     | 160g       | Corn                                                                    |
| 30ml     | 40ml       | NOMU Mexican Spice Blend                                                |
| 30ml     | 40ml       | Stock & Flour<br>(15ml [20ml] Chicken Stock<br>& 15ml [20ml] Cornflour) |
| 300ml    | 400ml      | Tomato Passata                                                          |
| 180g     | 240g       | Black Beans<br><i>drain &amp; rinse</i>                                 |
| 150g     | 200g       | Grated Mozzarella &<br>Cheddar Cheese                                   |
| 60g      | 80g        | Sliced Pickled Jalapeños<br><i>drain</i>                                |
| 150ml    | 200ml      | Sour Cream                                                              |
| 240g     | 320g       | 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 (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. 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, 6-7 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 300ml [400ml] of water. Simmer until thickening, 10-12 minutes. In the final 4-5 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!