



U^{COOK}

Black Bean & Smoked Chicken Salad

with a sour cream dressing

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	502kj	2122kj
Energy	120kcal	507kcal
Protein	5.9g	24.9g
Carbs	10g	41g
of which sugars	2.3g	9.8g
Fibre	2.4g	6.2g
Fat	6.3g	26.7g
of which saturated	2.3g	9.9g
Sodium	393.4mg	1.7mg

Allergens: Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Corn
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
60g	120g	Black Beans <i>drain & rinse</i>
1	1	Tomato <i>rinse & cut into bite-sized pieces</i>
1	2	Smoked Chicken Breast/s <i>slice</i>
5g	10g	Crispy Onion Bits
30ml	60ml	Sour Cream
5ml	10ml	Old Stone Mill Mexican Spice

From Your Kitchen

Seasoning (salt & pepper)

Water

1. CORN Boil the kettle. Submerge the corn in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

2. ASSEMBLE! In a bowl, combine the salad leaves, the beans, the tomato, and the corn. Top with the chicken and the crispy onion bits. In a small bowl, combine the sour cream, the Mexican spice, and water in 5ml increments until drizzling consistency. Drizzle over the salad. Lunch is served, Chef!