



UCOOK

Corn, Green Bean & Beef Salad

with a mustard dressing & black beans

An explosion of colour and flavour, Chef! A delicious salad base of charred corn, crunchy green beans, meaty black beans, & piquante peppers are topped with browned beef strips. Everything is coated in an o-so-yummy UCOOK honey mustard dressing.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Hellen Mwanza

Carb Conscious

Strandveld | First Sighting Rosé

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Ingredients & Prep

40g	Sunflower Seeds
200g	Corn
2	Onions <i>peel & cut into thin wedges</i>
320g	Green Beans <i>rinse & slice into thirds</i>
600g	Free-range Beef Strips
20ml	NOMU BBQ Rub
240g	Black Beans <i>drain & rinse</i>
80g	Piquanté Peppers <i>drain</i>
2 units	UCOOK Honey Mustard Dressing

From Your Kitchen

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

1. TOAST Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and add to a salad bowl.

3. CHARRED VEGGIES Return the pan to medium heat with a drizzle of oil. When hot, fry the onion wedges and the sliced green beans until lightly charred, 6-7 minutes (shifting occasionally). Remove from the pan and add to the corn.

4. STRIPS Return the pan to high heat with a drizzle of oil. Pat the beef strips dry with paper towel and coat with the NOMU rub. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season. You may need to do this step in batches.

5. JUST BEFORE SERVING Add the drained beans, and the drained peppers to the bowl with the charred veggies, toss to combine, and season.

6. DINNER IS READY Make a bed of the salad, top with the beef strips, drizzle over the mustard dressing, and sprinkle over toasted seeds. Well done, Chef!

Nutritional Information

Per 100g

Energy	389kJ
Energy	93kcal
Protein	89g
Carbs	9g
of which sugars	3.1g
Fibre	2g
Fat	1.9g
of which saturated	0.4g
Sodium	100mg

Allergens

Allium, Sulphites

Eat
Within
4 Days