

## **UCOOK**

## Tex Mex Chicken Pasta Salad

with spring onions, charred corn & black

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: 15 minutes

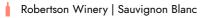
Overall Time: 35 minutes

Serves: 2 People

Chef: Kate Gomba



**Easy Peasy** 



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Ingredients & Prep		
150g	Macaroni	
100g	Corn	
20ml	NOMU Mexican Spice Blend	
300g	Free-range Chicken Mini Fillets	
85ml	Sour Cream	
8g	Fresh Coriander rinsed & roughly chopped	
120g	Black Beans drained & rinsed	
60g	Pickled Bell Peppers drained & roughly chopped	
1	Tomato finely chopped	
2	Spring Onions finely sliced	
From Your Kitchen		
Salt & Pe		
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
- 2. YOU HAVE BEEN CORNED Place a pan over medium heat with a drizzle of oil. When hot, add the corn and fry for 3-4 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

during the remaining cooking time. Drain on completion, return to the

pot, and toss through some oil to further prevent sticking.

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.

- 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	526k
Energy	126Kca
Protein	9.19
Carbs	16
of which sugars	2.7
Fibre	1.79
Fat	2.7
of which saturated	1.19
Sodium	190.4mg

## **Allergens**

Gluten, Dairy, Allium, Wheat, Sulphites

Cook within 3 Days