



UCOOK

Mexican Street Corn Pasta

with sour cream, guacamole & jalapeño

Who said pasta is only destined for Italian flavours? Today we change fusilli's fate by combining it with mouthwatering Mexican ingredients. Think al dente pasta with charred corn, garlic, black beans, and a kick of Mexican spice. On top goes an inspired sour cream guacamole with scatterings of pickled jalapenos. Ready to have a flavour fiesta, Chef?

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kelly Fletcher

 Veggie

 Creation Wines | Creation Sauvignon
Blanc/Semillon

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Ingredients & Prep

300g	Fusili Pasta
300g	Corn
2	Onions <i>peeled & roughly sliced</i>
2	Garlic Cloves <i>peeled & grated</i>
30ml	Mexican Spice
360g	Black Beans <i>drained & rinsed</i>
90ml	Sour Cream
1	Guacamole 125g
8g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
60ml	Grated Italian-style Hard Cheese
150ml	Tangy Mayo
45g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>

From Your Kitchen

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

1. PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. FRYING MOMENT Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, fry the corn and the sliced onions until charred and soft, 7-8 minutes. In the final 2-3 minutes, add the grated garlic, the Mexican spice, and the rinsed black beans, and fry until fragrant. Season.

3. SOME PREP In a small bowl, combine the sour cream, the guacamole, ½ the chopped coriander, and seasoning.

4. JUST BEFORE SERVING To a salad bowl, add the cooked pasta, the grated hard cheese, the corn mixture, and the mayo. Mix to combine and season.

5. TIME TO EAT Bowl up the loaded pasta, top with dollops of the sour cream mix, scatter over the chopped jalapeños (to taste), and garnish with the remaining coriander.



Chef's Tip

Cooking pasta in salted water allows it to absorb the salt, enhancing its flavour, because the salt is dispersed throughout the dish and not just on the surface of the pasta.

Nutritional Information

Per 100g

Energy	427kJ
Energy	102kcal
Protein	6.5g
Carbs	16g
of which sugars	2.4g
Fibre	1.8g
Fat	1g
of which saturated	0.1g
Sodium	244mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts, Soy

Cook
within 3
Days