



# UCCOOK

## Grilled Chicken & Cowboy Salsa

with corn nachos & sour cream

A loaded salsa of black beans, fresh tomato, charred corn, creamy avo, spring onion, coriander, & a zesty lemon vinaigrette is served with a juicy chicken breast, sour cream, and crunchy corn nachos for scooping. It'll have you sayin', "Yee-haw!"

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 4 People


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**Chef:** Rhea Hsu

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 Fan Faves

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 Alvi's Drift | Sparkling Brut Blanc de Blanc

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## Ingredients & Prep

200g	Corn
2	Avocados
2	Lemons <i>cut into wedges</i>
4	Free-range Chicken Breasts
40ml	NOMU Mexican Spice Blend
2	Tomatoes <i>roughly diced</i>
240g	Black Beans <i>drained &amp; rinsed</i>
2	Spring Onions <i>rinsed, trimmed &amp; finely sliced</i>
15g	Fresh Coriander <i>rinsed &amp; picked</i>
125ml	Sour Cream
320g	Heirloom Corn Nachos

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter

**1. CHARRED CORN** Place a pan (that has a lid) over a high heat with a drizzle of oil. When hot, fry the corn until slightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

**2. HAVO SOME AVO** Halve the avocados and remove the pips. Peel off the skin and roughly dice. Squeeze over the juice of 4 lemon wedges, season, and set aside.

**3. HOWDY, CHICKY!** Return the pan to a medium heat with a drizzle of oil. Pat the chicken breasts dry with paper towel. When the pan is hot, fry the chicken on one side until crispy, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and  $\frac{2}{3}$  of the NOMU spice blend. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. COWBOY SALSA** In a salad bowl, combine the juice of 4 lemon wedges, a drizzle of olive oil, the remaining NOMU spice blend, a sweetener, and seasoning. Toss through the charred corn, the diced tomato, the rinsed black beans, the dressed avo, the sliced spring onion (to taste), and  $\frac{1}{2}$  the picked coriander.

**5. PLATE UP!** Plate up the sliced chicken and top with a dollop of sour cream and the remaining picked coriander. Serve with the cowboy salsa and the nachos for scooping. Enjoy, Partner!



## Chef's Tip

If you have some extra time, shred the chicken after it has been cooked and toss it through the salsa!

## Nutritional Information

Per 100g

Energy	643kJ
Energy	154kcal
Protein	7.9g
Carbs	14g
of which sugars	1.7g
Fibre	3.5g
Fat	7.7g
of which saturated	1.4g
Sodium	203mg

## Allergens

Dairy, Allium

Cook  
within 3  
Days