



# UCOOK

## Mexi Beef Taco Salad

with black beans, sour cream & crispy tortillas

Discover the versatility of flour tortillas with this recipe, Chef! Made into golden, crispy strips, these will crown a bed of fresh greens, Old Stone Mill Mexican Spice-infused browned mince cooked in a rich tomato paste with black beans, and a cooling drizzle of sour cream.

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**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

**Chef:** Kate Gomba

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Simple & Save

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Stettyn Wines | Stettyn Family Range Pinotage

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## Ingredients & Prep

1	Wheat Flour Tortilla
150g	Beef Mince
15ml	Tomato Paste
5ml	Old Stone Mill Mexican Spice
60g	Black Beans <i>drain &amp; rinse</i>
30ml	Sour Cream <i>rinse &amp; finely shred</i>
40g	Green Leaves <i>rinse &amp; finely shred</i>
10g	Sliced Pickled Jalapeños <i>drain &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey (optional)  
Paper Towel

**1. CRISPY TORTILLAS** Cut the flour tortilla in half and cut the halves into strips. Coat in oil and seasoning. Place a pan over medium heat. When hot, add the strips and fry until crispy, 1-2 minutes per side. Drain on paper towel. Alternatively: Coat the tortilla strips in oil and season. Air fry at 180°C until crispy, 5-8 minutes.

**2. TACO MINCE** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 [5-4] minutes (shifting occasionally). Mix in the tomato paste and the Mexican spice. Fry until fragrant and add 50ml [100ml] of water. Simmer until reduced, 3-4 minutes. In the final 1-2 minutes, mix in the beans, a sweetener (optional) (to taste), and seasoning.

**3. SOME PREP** Loosen the sour cream with water in 5ml increments until drizzling consistency.

**4. DINNER TIME!** Make a bed of the leaves, top with the taco mince, drizzle over the sour cream, and scatter over the crispy tortilla strips. Garnish with jalapeños (to taste).



## Chef's Tip

For savoury dishes, a touch of sweetness can enhance and round out flavours, especially in acidic or spicy recipes.

## Nutritional Information

Per 100g

Energy	766kj
Energy	183kcal
Protein	10.1g
Carbs	11g
of which sugars	1.9g
Fibre	1.8g
Fat	10.9g
of which saturated	4.5g
Sodium	216mg

## Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat  
Within  
3 Days