



uCOOK

Jalapeño & Corn Sour Cream Pita

with crispy onion bits & salad leaves

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	784kJ	3018kJ
Energy	188kcal	722kcal
Protein	3.7g	14.3g
Carbs	19g	75g
of which sugars	3.3g	12.8g
Fibre	1.8g	6.8g
Fat	9.5g	36.7g
of which saturated	5.7g	22g
Sodium	198mg	761mg

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

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
30g	40g	Salad Leaves <i>rinse</i>
15g	20g	Crispy Onion Bits
150g	200g	Corn
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
60g	80g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
3	4	Pita Breads <i>cut in half</i>
300ml	400ml	Crème Fraîche
60g	80g	Pickled Onions <i>drain & roughly chop</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **COMBINE** In a bowl, add the corn, the jalapeños (to taste), the pickled onion, and the crème fraîche. Season and mix well.
2. **PERFECT PITA** Heat the pita bread in a microwave until softened, 15 seconds. Once it has cooled slightly, slice the top open. Fill the pita with the green leaves, and the creamy jalapenos, and scatter over the tomato. Top with the crispy onion bits and dig in, Chef!