



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!"


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Rhea Hsu

 Fan Faves

 Alvi's Drift | Sparkling Brut Blanc de Blanc

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Ingredients & Prep

100g	Corn
1	Avocado
1	Lemon <i>cut into wedges</i>
2	Free-range Chicken Breasts
20ml	NOMU Mexican Spice Blend
1	Tomato <i>roughly diced</i>
120g	Black Beans <i>drained & rinsed</i>
1	Spring Onion <i>rinsed, trimmed & finely sliced</i>
8g	Fresh Coriander <i>rinsed & picked</i>
60ml	Sour Cream
160g	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, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. HAVO SOME AVO Halve the avocado and remove the pip. Peel off the skin and roughly dice. Squeeze over the juice of 2 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 2 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