



UCCOOK

Mexican Potato & Corn Bowl

with black beans, sun-dried tomatoes & sour cream

A salad like no other! Roasted potato is tossed with charred corn & beans, baby spinach, cucumber, sun-dried tomatoes, and sliced chilli, all drizzled with a zesty lemon & olive oil dressing. Topped with loosened sour cream & toasted almonds.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Samantha du Toit

 Veggie

 Waterford Estate | Waterford Old Vine Chenin Blanc

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Ingredients & Prep

600g	Potatoes <i>rinsed & cut into bite-sized pieces</i>
30ml	NOMU Mexican Spice Blend
30g	Almonds <i>roughly chopped</i>
150g	Corn
360g	Black Beans <i>drained & rinsed</i>
45ml	Lemon Juice
60g	Green Leaves <i>rinsed</i>
300g	Cucumber <i>rinsed & cut into half-moons</i>
90g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
1	Chilli. <i>rinsed, trimmed, deseeded & finely sliced</i>
125ml	Sour Cream

From Your Kitchen

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

1. GOLDEN POTATOES Preheat the oven to 200°C. Spread the potato pieces on a roasting tray. Coat in oil, ½ the NOMU spice blend, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. NUTTY ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CORN & BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Add the drained beans and the remaining NOMU spice blend. Fry until heated through, 1-2 minutes. Remove from the pan, season, and set aside.

4. MEXICAN SALAD In a salad bowl, combine the lemon juice with 45ml of olive oil and seasoning. Toss through the rinsed green leaves, the cucumber half-moons, the chopped sun-dried tomatoes, the sliced chilli (to taste), the charred corn & beans, and the roasted potato.

5. SOUR CREAM DRIZZLE Place the sour cream in a small bowl and loosen with water in 5ml increments until drizzling consistency. Season and set aside.

6. GET BOWLED OVER! Bowl up the Mexican potato & corn salad. Drizzle over the loosened sour cream and scatter over the toasted almonds. Tuck in, Chef!



Chef's Tip

Air fryer method: Coat the potato pieces in oil, the NOMU spice blend, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	419kJ
Energy	100kcal
Protein	2.5g
Carbs	15g
of which sugars	2.7g
Fibre	2.2g
Fat	3.4g
of which saturated	1g
Sodium	161mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days