

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.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Kate Gomba

Simple & Save

Stettyn Wines | Stettyn Family Range Pinotage

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Ingredients & Prep

4	Wheat Flour Tortillas
600g	Beef Mince
60ml	Tomato Paste
20ml	Old Stone Mill Mexican Spice
240g	Black Beans <i>drain & rinse</i>
125ml	Sour Cream
160g	Green Leaves <i>rinse & finely shred</i>
40g	Sliced Pickled Jalapeños <i>drain & 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, 4-5 [5-6] minutes (shifting occasionally). Mix in the tomato paste and the Mexican spice. Fry until fragrant and add 150ml [200ml] of water. Simmer until reduced, 4-5 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