



UCOOK

Mexi Bean & Chicken Salad

with smoked chicken & a sour cream dressing

Flexi your Mexi culinary skills by making a salad that gives new meaning to layers of flavour. Fresh greens, rich black beans, tangy tomato, and sweet pops of corn are tossed together to form the base. Top with smoky slices of chicken, crispy onion bits for crunch, a sour cream drizzle for yumminess, and enjoy!

Hands-on Time: 0 minutes

Overall Time: 0 minutes

Serves: 2 People

Chef: Jemimah Smith

***New Lunch**

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Ingredients & Prep

100g	Corn
40g	Salad Leaves <i>rinse & roughly shred</i>
120g	Black Beans <i>drain & rinse</i>
1	Tomato <i>rinse & cut into bite-sized pieces</i>
2	Smoked Chicken Breasts <i>slice</i>
20ml	Crispy Onions
80ml	Sour Cream
10ml	Old Stone Mill Mexican Spice

From Your Kitchen

Salt & Pepper
Water

- 1. CORN** Boil the kettle. Submerge the corn in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.
- 2. ASSEMBLE!** In a bowl, combine the shredded salad leaves, the drained beans, the tomato pieces, and the plumped corn. Top with the sliced chicken and the crispy onion bits. In a small bowl, combine the sour cream, the Mexican spice, and water in 5ml increments until drizzling consistency. Drizzle over the salad. Lunch is served, Chef!

Nutritional Information

Per 100g

Energy	514kj
Energy	123kcal
Protein	5.8g
Carbs	10g
of which sugars	2.4g
Fibre	1.5g
Fat	6.7g
of which saturated	2.5g
Sodium	385mg

Allergens

Cow's Milk, Gluten, Allium, Wheat

Eat
Within
3 Days