



uCOOK

Jalapeño & Corn Sour Cream Pita

with crispy onion bits & green leaves

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Caitlin Swanepoel

Nutritional Info	Per 100g	Per Portion
Energy	797kJ	3067kJ
Energy	191kcal	734kcal
Protein	3.8g	14.5g
Carbs	20g	76g
of which sugars	3.3g	12.9g
Fibre	2.1g	8.1g
Fat	9.7g	37.3g
of which saturated	5.8g	22.3g
Sodium	198.2mg	762.5mg

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

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Corn
20g	40g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
20g	40g	Pickled Onions <i>drain & roughly chop</i>
100ml	200ml	Crème Fraîche
1	2	Pita Bread/s <i>cut in half</i>
10g	20g	Green Leaves <i>rinse</i>
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
5g	10g	Crispy Onion Bits

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. **TOAST** 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!