



UCOOK

Charred Corn & Chorizo Tacos

with fresh green leaves, lemon & avocado

These charred corn and chorizo tacos are a tasty and satisfying meal, loaded with juicy & spicy chorizo, charred corn, shredded greens, black beans, avocado, feta, and sour cream. Served with a zesty lemon and tomato salsa, these tacos are perfect for a quick and easy weeknight dinner.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 Adventurous Foodie

 Simonsig | Gewürztraminer

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Ingredients & Prep

1	Tomato <i>½ roughly diced</i>
1	Red Onion <i>½ peeled & finely diced</i>
1	Lemon <i>½ zested & cut into wedges</i>
40ml	Sour Cream
60g	Sliced Chorizo
50g	Corn
60g	Black Beans
7,5ml	Mexican Spice Mix <i>(5ml NOMU Mexican Spice Blend & 2,5ml Ground Cumin)</i>
1	Avocado
4	Corn Tortillas
20g	Green Leaves <i>rinsed & roughly shredded</i>
25g	Danish-style Feta

From Your Kitchen

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

1. SALSA In a bowl, combine the diced tomato, ½ the diced onion (to taste), the juice from 1 lemon wedge, a drizzle of olive oil, and seasoning. Set aside.

2. ZESTY SOUR CREAM In a small bowl, combine the sour cream, the lemon zest, and a splash of water. Season and set aside.

3. CHORIZO Place a pan over medium-high heat with a small drizzle of oil. When hot, add the sliced chorizo, the corn, and the remaining onion. Fry for 5-6 minutes until golden, shifting occasionally. Add the drained black beans and the Mexican spice mix. Fry for 1-2 minutes until fragrant, shifting constantly. Season, remove from the pan, and cover to keep warm.

4. AVO Halve the avocado and set aside one of the halves for another meal. Thinly slice, squeeze over some lemon juice, and season.

5. TORTILLAS Return the pan to a medium heat. When hot, dry toast the tortillas one at a time for 30-60 seconds per side until heated and lightly crisped. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds.

6. DIVE IN! Lay down the toasted tortillas. Top with the shredded green leaves, the chorizo mix, some of the tomato salsa, and the avo slices. Sprinkle over the drained feta and drizzle over the zesty sour cream. Serve with any remaining lemon wedges and any remaining salsa and fillings. Fold up and enjoy, Chef!

Nutritional Information

Per 100g

Energy	668kJ
Energy	160kcal
Protein	5.9g
Carbs	15g
of which sugars	2.3g
Fibre	3g
Fat	8.8g
of which saturated	2.9g
Sodium	315mg

Allergens

Dairy, Allium, Sulphites, Alcohol

Cook
within 2
Days