

QCOOK

Green Bean, Corn & Beef Salad

with a honey mustard dressing & black beans

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Calorie Conscious: Serves 3 & 4

Chef: Hellen Mwanza

Nutritional Info

	Per 100g	Per Portion
Energy	380kj	2078kj
Energy	91kcal	497kcal
Protein	8.1g	44.5g
Carbs	9g	51g
of which sugars	4g	22g
Fibre	2g	10g
Fat	4.4g	23.8g
of which saturated	0.5g	3g
Sodium	149mg	814mg

Allergens: Sulphites, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
120g	160g	Corn
2	2	Onions <i>peel & cut 1½ [2] into thin wedges</i>
240g	320g	Green Beans <i>rinse & slice into thirds</i>
450g	600g	Beef Strips
15ml	20ml	NOMU BBQ Rub
180g	240g	Black Beans <i>drain & rinse</i>
60g	80g	Piquanté Peppers <i>drain</i>
2 units	2 units	UCOOK Honey Mustard Dressing

From Your Kitchen

Cooking Spray
Seasoning (Salt & Pepper)
Water
Paper Towel

- 1. CORN** Place a pan over medium-high heat. When hot, add the corn and lightly coat in cooking spray. Fry until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and add to a salad bowl.
- 2. CHARRED VEGGIES** Return the pan to medium heat. When hot, add the onion and the green beans and lightly coat in cooking spray. Fry until lightly charred, 6-7 minutes (shifting occasionally). Remove from the pan and add to the corn.
- 3. STRIPS** Return the pan to high heat. Pat the beef dry with paper towel and lightly coat with cooking spray, then toss with the NOMU rub. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan and season.
- 4. JUST BEFORE SERVING** Add the black beans, and the peppers to the bowl with the veggies, toss to combine, and season.
- 5. DINNER IS READY** Make a bed of the salad, top with the beef strips, and drizzle over the mustard dressing. Well done, Chef!