



UCCOOK

Charred Corn & Spicy Beef Strips

with jalapeños & black beans

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Nitída | Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	399kJ	2299kJ
Energy	96kcal	550kcal
Protein	8.6g	49.6g
Carbs	9g	53g
of which sugars	2g	11.5g
Fibre	1.9g	11.1g
Fat	2.4g	14.1g
of which saturated	1.1g	6.6g
Sodium	152mg	876mg

Allergens: Sulphites, Cow's Milk

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Corn
360g	480g	Black Beans
30ml	40ml	NOMU Taco Mex Mix
450g	600g	Beef Strips
125ml	160ml	Sour Cream
45ml	60ml	Lemon Juice
60g	80g	Green Leaves
3	4	Tomatoes
30g	40g	Sliced Pickled Jalapeños
8g	10g	Fresh Parsley

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel
Butter

- 1. CORN & BEANS** Place a pan over medium-high heat with a drizzle of oil and a knob of butter. Fry the corn until lightly charred, 6-8 minutes (shifting occasionally). Add the beans and ½ the NOMU rub, and fry until warmed through, 3-4 minutes. Remove from the pan and season.
- 2. BEEF STRIPS** Return the pan, wiped down, to high heat with a drizzle of oil and a knob of butter. Pat the beef dry with paper towel, coat with the remaining NOMU rub and season. Fry the beef strips until browned, 20-30 seconds per side (shifting occasionally). You may need to do this in batches. Remove from the pan and reserve any pan juices.
- 3. DRESSING** In a small bowl, combine the sour cream, lemon juice (to taste), and seasoning. Loosen with water in 5ml increments until drizzling consistency.
- 4. DINNER IS READY** In a salad bowl, make a bed of the green leaves. Scatter over the beans and corn, the tomato, and the jalapeño (to taste). Top with the beef, the pan juices (to taste) and drizzle over the tangy sour cream. Garnish with the parsley. Well done, Chef!