

# UCCOOK

## Mexi Potato & Beef Crunch Salad

with kidney beans & a sour cream drizzle

**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Megan Bure

### Nutritional Info

	Per 100g	Per Portion
Energy	537kJ	3843kJ
Energy	129kcal	919kcal
Protein	7.6g	54.7g
Carbs	15g	104g
of which sugars	6.2g	44.1g
Fibre	1.9g	13.8g
Fat	3.6g	25.4g
of which saturated	1.4g	10.1g
Sodium	107mg	762mg

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** Hot

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
250g	500g	Sweet Potato <i>rinse &amp; cut into thin rounds</i>
30ml	60ml	Spicy Honey <i>(20ml [40ml] Honey &amp; 10ml [20ml] Dried Chilli Flakes)</i>
40g	80g	Corn
60g	120g	Red Kidney Beans <i>drain &amp; rinse</i>
150g	300g	Beef Strips
5ml	10ml	Old Stone Mill Mexican Spice
30g	60g	Grated Mozzarella Cheese
40ml	80ml	Sour Cream
50g	100g	Cucumber <i>rinse &amp; roughly dice</i>
10g	20g	Sliced Pickled Jalapeños <i>drain &amp; roughly chop</i>
20ml	40ml	Lemon Juice
30g	60g	Santa Anna's Corn Nachos

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel

**1. SWEET ON SWEET POTATO** Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and seasoning. Roast in the oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway). In the final 1-2 minutes, toss through the spicy honey and return to the oven.

**2. CORN & BEANS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn and beans until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and place into a bowl.

**3. CHEESY BEEF STRIPS** Return the pan to high heat with a drizzle of oil. Pat the beef strips dry with paper towel, coat with the spice rub and season. When hot, fry the beef strips until browned, 20-30 seconds (shifting occasionally). Season and remove from the heat. Scatter over the cheese and cover until melted.

**4. DELISH DRIZZLE** In a small bowl, combine the sour cream with seasoning and loosen with water in 5ml increments until drizzling consistency.

**5. SUPERB SALSA** To the bowl with the corn and beans, toss together the cucumber, jalapeños, lemon juice (to taste), a drizzle of oil and seasoning. Set aside.

**6. MMMEXICAN MEAL** Make a base of the sticky potatoes and top with the cheesy beef. Scatter with the zingy salsa and drizzle with the sour cream. Finish by crumbling over the nachos.