

UCCOOK

Mexi Potato & Beef Crunch Salad

with kidney beans & a sour cream drizzle

Hands-on Time: 25 minutes

Overall Time: 45 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:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato <i>rinse & cut into thin rounds</i>
30ml	60ml	Spicy Honey <i>(20ml [40ml] Honey & 10ml [20ml] Dried Chilli Flakes)</i>
40g	80g	Corn
60g	120g	Red Kidney Beans <i>drain & 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 & roughly dice</i>
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
20ml	40ml	Lemon Juice
30g	60g	Santa Anna's Corn Nachos

From Your Kitchen

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.