



UCOOK

Mexican Beef & Corn Salad

with baby marrows, tomatoes & chilli flakes


This salad is one in a million! Made from tender grilled beef schnitzel slices accompanied by a vibrant corn, baby marrow and onion petal salad. All drizzled in a tangy red wine vinegar and chilli salad dressing. It's an excellent way to spice up your week!


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Waterkloof | Circumstance Mourvèdre

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Ingredients & Prep

100g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized chunks</i>
1	Red Onion <i>½ peeled & cut into wedges</i>
50g	Corn
10ml	NOMU Mexican Spice Blend
150	Free-range Beef Schnitzel (without crumb)
15ml	Red Wine Vinegar
2,5ml	Dried Chilli Flakes
100g	Cucumber <i>cut into half-moons</i>
80g	Baby Tomatoes <i>halved</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. OH BABY BABY Place a pan over medium-high heat with a drizzle of oil. When hot, fry the baby marrow chunks for 3-4 minutes until browned and cooked through, shifting occasionally. Remove from the pan, place in a bowl, and season.

2. CORNY ONION WEDGES Separate the onion wedges into petals. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the corn and the onion petals for 4-5 minutes until soft and starting to brown, shifting occasionally. In the final 30-60 seconds, add ½ the spice blend. Remove from the pan and add to the bowl with the baby marrow.

3. WHAT THE SCHNITZEL? Return the pan to a high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, fry the schnitzel for 30-60 seconds per side until golden and cooked through. In the final minute, baste with a knob of butter and the remaining spice blend. Remove from the pan, season, and slice into thin strips.

4. SALAD STEP In a small bowl, combine the vinegar, a drizzle of olive oil, the chilli flakes (to taste), a sweetener of choice (to taste), and seasoning. In a salad bowl, combine the cucumber half-moons, the baby marrow & onion mix, and the halved baby tomatoes.

5. AND YOU'RE DONE! Make a bed of the shredded salad leaves. Top with the cucumber salad and scatter over the schnitzel slices. Drizzle over the salad dressing (to taste). Garnish with the chopped coriander. Nice, Chef!



Chef's Tip

If you have an air fryer, why not use it to cook the schnitzel? Coat in oil, the rub, and seasoning. Pop in the air fryer at 200°C. Cook for 1-3 minutes or until cooked to your preference. Season to taste.

Nutritional Information

Per 100g

Energy	247kJ
Energy	59kcal
Protein	6.9g
Carbs	5g
of which sugars	2g
Fibre	1.2g
Fat	0.9g
of which saturated	0.3g
Sodium	106mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days