



UCCOOK

Smoked Chicken Mexi Bowl

with couscous & corn

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	825kJ	2763kJ
Energy	197kcal	661kcal
Protein	9.5g	31.7g
Carbs	23g	75g
of which sugars	3.2g	10.9g
Fibre	2.6g	8.6g
Fat	7g	23.6g
of which saturated	2.6g	8.8g
Sodium	460mg	1539mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
40g	80g	Corn
60g	120g	Black Beans <i>drain & rinse</i>
15ml	30ml	Jalapeño Relish
1	2	Smoked Chicken Breast/s <i>roughly slice</i>
30ml	60ml	Lemon Cream <i>(25ml [50ml] Sour Cream & 5ml [10ml] Lemon Juice)</i>
3g	5g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

1. BEAN THERE, DONE THAT Boil the kettle. Place the couscous in a bowl with 75ml [150ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork. Toss through the corn, the beans and the relish.

2. LOADED COUSCOUS Top the couscous bowl with the chicken. Drizzle over the lemon cream. Garnish with the coriander.