



# UCOOK

## Mexi Bean & Chicken Salad

**with smoked chicken & a sour cream dressing**

Flexi your Mexi culinary skills by making a salad that gives new meaning to layers of flavour. Fresh greens, rich black beans, tangy tomato, and sweet pops of corn are tossed together to form the base. Top with smoky slices of chicken, crispy onion bits for crunch, a sour cream drizzle for yumminess, and enjoy!

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**Hands-on Time:** 15 minutes

**Overall Time:** 15 minutes

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**Serves:** 3 People

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**Chef:** Jemimah Smith

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**\*New Lunch**

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### Ingredients & Prep

150g	Corn
60g	Salad Leaves <i>rinse &amp; roughly shred</i>
180g	Black Beans <i>drain &amp; rinse</i>
2	Tomato <i>rinse &amp; cut into bite-sized pieces</i>
3	Smoked Chicken Breasts <i>slice</i>
30ml	Crispy Onions
125ml	Sour Cream
15ml	Old Stone Mill Mexican Spice

### From Your Kitchen

Salt & Pepper  
Water

- 1. CORN** Boil the kettle. Submerge the corn in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.
- 2. ASSEMBLE!** In a bowl, combine the shredded salad leaves, the drained beans, the tomato pieces, and the plumped corn. Top with the sliced chicken and the crispy onion bits. In a small bowl, combine the sour cream, the Mexican spice, and water in 5ml increments until drizzling consistency. Drizzle over the salad. Lunch is served, Chef!

### Nutritional Information

Per 100g

Energy	514kj
Energy	123kcal
Protein	5.8g
Carbs	10g
of which sugars	2.4g
Fibre	1.5g
Fat	6.7g
of which saturated	2.5g
Sodium	385mg

### Allergens

Cow's Milk, Gluten, Allium, Wheat

Eat  
Within  
3 Days