



UCOOK

Black Bean & Smoked Chicken Salad

with a sour cream dressing

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	510kj	2204kj
Energy	122kcal	527kcal
Protein	5.8g	25.1g
Carbs	10g	41g
of which sugars	2.4g	10.2g
Fibre	2.4g	6.2g
Fat	6.6g	28.7g
of which saturated	2.5g	10.9g
Sodium	385mg	1664mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Corn
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
180g	240g	Black Beans <i>drain & rinse</i>
2	2	Tomatoes <i>rinse & cut into bite-sized pieces</i>
3	4	Smoked Chicken Breasts <i>slice</i>
15g	20g	Crispy Onion Bits
125ml	160ml	Sour Cream
15ml	20ml	Old Stone Mill Mexican Spice

From Your Kitchen

Seasoning (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 salad leaves, the beans, the tomato, and the corn. Top with the 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!