

QCOOK

Green Bean, Corn & Beef Salad

with a honey mustard dressing & black beans

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Calorie Conscious: Serves 1 & 2

Chef: Hellen Mwanza

Nutritional Info

	Per 100g	Per Portion
Energy	380kj	2078kj
Energy	91kcal	497kcal
Protein	8.1g	44.5g
Carbs	9g	51g
of which sugars	4g	22g
Fibre	2g	10g
Fat	4.4g	23.8g
of which saturated	0.5g	3g
Sodium	149mg	814mg

Allergens: Sulphites, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40g	80g	Corn
1	1	Onion <i>peel & cut ½ [1] into thin wedges</i>
80g	160g	Green Beans <i>rinse & slice into thirds</i>
150g	300g	Beef Strips
5ml	10ml	NOMU BBQ Rub
60g	120g	Black Beans <i>drain & rinse</i>
20g	40g	Piquanté Peppers <i>drain</i>
1 unit	1 unit	UCOOK Honey Mustard Dressing

From Your Kitchen

Cooking Spray

Seasoning (Salt & Pepper)

Water

Paper Towel

1. CORN Place a pan over medium-high heat. When hot, add the corn and lightly coat in cooking spray. Fry until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and add to a salad bowl.

2. CHARRED VEGGIES Return the pan to medium heat. When hot, add the onion and the green beans and lightly coat in cooking spray. Fry until lightly charred, 5-6 minutes (shifting occasionally). Remove from the pan and add to the corn.

3. STRIPS Return the pan to high heat. Pat the beef dry with paper towel and lightly coat with cooking spray, then toss with the NOMU rub. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

4. JUST BEFORE SERVING Add the black beans, and the peppers to the bowl with the veggies, toss to combine, and season.

5. DINNER IS READY Make a bed of the salad, top with the beef strips, and drizzle over the mustard dressing. Well done, Chef!