



WCOOK

Wholesome Mexican Beef Bowl

with charred corn & millet

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Simple & Save: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	581kj	2442kj
Energy	139kcal	584kcal
Protein	11.1g	46.6g
Carbs	16g	65g
of which sugars	1.5g	6.2g
Fibre	2.1g	8.9g
Fat	3.1g	13g
of which saturated	1.1g	4.5g
Sodium	69mg	291mg

Allergens: Cow's Milk, Allium

Spice Level: Mild

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Millet
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
40g	80g	Corn
150g	300g	Beef Schnitzel (without crumb)
5ml	10ml	NOMU Mexican Spice Blend
30ml	60ml	Sour Cream
1	1	Tomato <i>rinse & roughly dice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. FLUFFED MILLET Place the millet in a pot over medium heat. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 150ml [300ml] of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

2. CHARRED CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the spring onion whites and corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. JUICY BEEF Pat the beef dry with paper towel, cut into 1cm strips, and coat with the NOMU rub. Return the pan to high heat with a drizzle of oil. Fry the strips until browned, 30-60 seconds per side. Remove from the pan and season.

4. SOME PREP Loosen the sour cream with water in 5ml increments until drizzling consistency.

5. GRUB'S UP! Serve the salad buddha-bowl style! Plate up the millet and the juicy beef. Side with the tomato and the charred corn, and drizzle over the sour cream. Garnish with the spring onion greens. Excellent, Chef!