

UCCOOK

Spicy Mexican Nacho Salad

with jalapeño mayo & corn nachos

Time for a Mexican fiesta at work, Chef! This spicy number will wake up your palate, with a BBQ bean mixture dotted with sweet corn, served with fresh greens and a jalapeño mayo. Garnished with crushed corn nachos for crunch.

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Serves: 4 People

Chef: Jemimah Smith

*New Lunch

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Ingredients & Prep

| | |
|-------|---|
| 480g | Black Beans <i>drain & rinse</i> |
| 120g | Corn |
| 160ml | The Sauce Queen Smokey BBQ Sauce |
| 160g | Green Leaves <i>rinse & roughly shred</i> |
| 200ml | Jalapeño Mayo <i>(40ml Jalapeño Relish & 160ml Mayo)</i> |
| 200g | Corn Nachos <i>crush into small pieces</i> |

From Your Kitchen

Salt & Pepper
Water

1. MIXING MOMENT In a bowl, combine the drained beans, the corn, the BBQ sauce, and seasoning.

2. TIME TO EAT Make a bed of the shredded salad leaves, top with the BBQ bean mixture, and add dollops of the jalapeño mayo. Sprinkle over the crushed corn nachos and enjoy, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 882kJ |
| Energy | 211kcal |
| Protein | 4g |
| Carbs | 24g |
| of which sugars | 7.2g |
| Fibre | 3.4g |
| Fat | 11.2g |
| of which saturated | 1g |
| Sodium | 375.9mg |

Allergens

Allium, Sulphites

Eat
Within
3 Days