



UCOOK

Mexican Nachos

with black beans & sour cream

Hello, nacho lovers! Get ready for this ultimate vegetarian nacho dish. Crunchy corn nachos are piled high with juicy tomatoes, black beans, sweet corn, and a blend of mozzarella & cheddar cheese. Topped with creamy sour cream & zesty lime tomato salsa. It's sure to make your taste buds dance, Chef!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Rhea Hsu

Veggie

KWV - The Mentors | KWV The Mentors
Chenin Blanc

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Ingredients & Prep

2	Onions <i>peel & roughly slice</i>
300g	Cooked Chopped Tomato
180g	Black Beans <i>drain & rinse</i>
150g	Corn
45ml	Old Stone Mill Mexican Spice
240g	Corn Nachos
150g	Grated Mozzarella & Cheddar Cheese
2	Tomatoes <i>rinse & roughly dice</i>
45ml	Lime Juice
8g	Fresh Coriander <i>rinse, pick & roughly chop</i>
45g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
125ml	Sour Cream

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. NACHO FILLING Preheat the oven to 200°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced onion until golden, 5-6 minutes (shifting occasionally). Add the cooked chopped tomato, the drained black beans, the corn, the Mexican spice, and 120ml of water. Simmer until slightly thickened, 8-9 minutes (stirring occasionally). Add a sweetener (to taste) and seasoning. Remove from the heat.

2. ASSEMBLE THE TROOPS Spread out the nachos on a roasting tray. Evenly spoon over the nacho filling and scatter over the grated cheese. Bake in the hot oven until the cheese has melted, 6-8 minutes.

3. WHILE THE NACHOS ARE BAKING... In a bowl, combine the diced tomato, the lime juice (to taste), ½ the picked coriander, and seasoning.

4. CHEESY FEAST For serving, you can either eat the cheesy nachos right out of the tray, or dish them up on a plate. Scatter over the chopped jalapeño (to taste). and the zesty tomato salsa. Dollop over the sour cream, and garnish with the remaining coriander. Get stuck in, Chef!

Nutritional Information

Per 100g

Energy	548kJ
Energy	131kcal
Protein	4.1g
Carbs	15g
of which sugars	3.6g
Fibre	2.4g
Fat	5.9g
of which saturated	2g
Sodium	252mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
4 Days