

# U COOK

## Cheesy Chicken & Corn Nachos

with black beans, sour cream & fresh chives

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Jason Johnson

**Wine Pairing:** Zevenwacht | The Tin Mine White

Nutritional Info	Per 100g	Per Portion
Energy	617kJ 147kcal	4408kJ 1054kcal
Protein	8.7g	62.2g
Carbs	13.9g	99.4g
of which sugars	3.6g	25.5g
Fibre	2.2g	15.4g
Fat	6.4g	45.9g
of which saturated	2.2g	15.9g
Sodium	308mg	2201mg

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** Mild

**Eat Within 3 Days**



## Ingredients & Prep Actions:

Serves 1 [Serves 2]

150g	300g	Free-range Chicken Mini Fillets
10ml	20ml	NOMU Mexican Spice Blend
50g	100g	Corn
1 unit	1 unit	UCOOK Napolitana Sauce
60g	120g	Black Beans <i>drain &amp; rinse</i>
80g	160g	Corn Nachos
50g	100g	Grated Mozzarella & Cheddar Cheese
10g	20g	Sliced Pickled Jalapeños <i>drain</i>
50ml	100ml	Sour Cream
10ml	20ml	Lemon Juice
3g	5g	Fresh Chives <i>rinse &amp; finely chop</i>

**1. NOMU-SPICED CHICKEN** Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Baste with a knob of butter and  $\frac{1}{2}$  the NOMU spice blend. Season, remove from the pan, and roughly chop.

**2. NAPOLETANA SAUCE** Place a clean pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 2-3 minutes (shifting occasionally). Season, remove from the pan and set aside. Return the pan to medium heat. Add the Napoletana sauce, the black beans, the remaining NOMU spice blend, and simmer until slightly thickened, 6-7 minutes (stirring occasionally). Add a sweetener (to taste). Remove from heat and season.

**3. MMMMELTED CHEESE** Spread out the nachos in the air fryer tray. Evenly spoon over the nacho filling and top with the corn. Scatter over the chicken and the cheese. Air-fry on high until the cheese has melted, 5-6 minutes. Alternatively, preheat the oven to 200°C. On a roasting tray, spread out the nachos. Top with the nacho filling, then the corn, the chicken, and the cheese. Bake until the cheese has melted, 6-8 minutes.

**4. NA-CHO AVERAGE MEAL** Plate up the delicious nachos and toppings. Scatter over the jalapeños (to taste). Dollop over the sour cream, drizzle over the lemon juice (to taste) and garnish with the chives. Get stuck in, Chef!

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter