



UCOOK

Cheesy Chicken & Corn Nachos

with black beans, guacamole & fresh coriander

Crunchy corn nachos are piled high with juicy shredded chicken, black beans, sweet corn, and a blend of mozzarella & cheddar cheese. Topped with creamy guacamole & a sprinkling of fresh coriander. Flavour-packed and oh-so-easy!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jason Johnson

 Quick & Easy

 Paserene | Bright Chardonnay

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Ingredients & Prep

1	Free-range Chicken Breast
10ml	NOMU Mexican Spice Blend
1	Onion
60g	Black Beans
10g	Sliced Pickled Jalapeños
3g	Fresh Coriander
40g	Corn
100g	Cooked Chopped Tomato
80g	Corn Nachos
50g	Grated Mozzarella & Cheddar Cheese
40g	Guacamole
10ml	Lemon Juice

From Your Kitchen

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

1. CHEEKY CHICKY 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 on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and ½ the NOMU spice blend. Season, remove from the pan and rest for 5 minutes. Using a fork, shred the cooked chicken and set aside.

2. PREP STEP Peel and roughly slice ½ the onion. Drain and rinse the black beans. Drain and roughly chop the jalapeños. Rinse, pick, and roughly chop the coriander. Set everything aside.

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

4. NACHO FILLING Preheat the oven to 200°C. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally). Add the cooked chopped tomato, the drained black beans, the remaining NOMU spice blend, and 40ml of water. Simmer until slightly thickened, 4-5 minutes (stirring occasionally). Add a sweetener and seasoning. Remove from the heat.

5. ASSEMBLE THE NACHOS Spread out the nachos on a roasting tray. Evenly spoon over the nacho filling, top with the charred corn, lay over the shredded chicken, and scatter over the grated cheese. Bake in the hot oven until the cheese has melted, 6-8 minutes.

6. WHILE THE NACHOS ARE BAKING... In a bowl, combine the guacamole with the lemon juice (to taste), ½ the picked coriander, and seasoning.

7. CHEESY FEAST Eat the cheesy chicken nachos right out of the tray, or dish them up on a plate. Scatter over the chopped jalapeño (to taste). Dollop over the tangy guacamole, and garnish with the remaining coriander. Get stuck in, Chef!



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil, ½ the NOMU spice blend, and seasoning. Air fry at 200°C until cooked through, 10-12 minutes (shifting halfway). When done, shred with a fork.

Nutritional Information

Per 100g

Energy	650kJ
Energy	155kcal
Protein	9.5g
Carbs	14g
of which sugars	2.7g
Fibre	2.4g
Fat	6.8g
of which saturated	1.9g
Sodium	273mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days