



UCCOOK

Cantonese Flair Nachos

with pickled cabbage, hoisin lentils & wasabi mayo

Corn nachos with hoisin infused lentils and “shmelty” cheese. With pickled cabbage and ginger, toasty sesame seeds, fresh coriander and a kick of wasabi mayo. Now that’s tasty fusion food!

Hands-On Time: 35 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Thea Richter

 Vegetarian

 Haute Cabrière | Pinot Noir Unwooded

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

30ml	Mixed Sesame Seeds
60ml	Rice Wine Vinegar
300g	Shredded Cabbage
2	Onions <i>peeled & roughly diced</i>
480g	Lentils <i>drained & rinsed</i>
170ml	Hoisin Sauce
125ml	Kewpie Mayo
20ml	Wasabi Powder
320g	Corn Nachos
200g	Grated Mozzarella & Cheddar Cheese Mix
60g	Pickled Ginger <i>drained & roughly chopped</i>
12g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. LET'S GET PREPPING Preheat the oven to the grill setting or the highest temperature. Place the sesame seeds in a pot, large enough for the lentils, over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. In a salad bowl, place the rice wine vinegar, 20ml of water and 20ml of a sweetener of choice. Mix until the sweetener is almost all dissolved. Add in the shredded cabbage and toss until fully coated. Set aside to pickle, tossing occasionally.

2. HOISIN LENTILS Return the pot to a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Stir through the drained lentils, hoisin sauce, 120ml of water, and bring to a simmer. Reduce the heat and cook for 6-8 minutes until coated and sticky, shifting occasionally. Remove from the heat, cover to keep warm, and set aside until serving.

3. SPICY MAYO Place the mayo in a small bowl and mix in the wasabi to taste. Loosen with water in 5ml increments until drizzling consistency. Season to taste and set aside for serving.

4. OOZEY, GOLDEN NACHOS Once the lentils are done, form a layer with ½ the nachos in a large oven-proof dish. Spoon over ½ the lentil mixture and sprinkle over ½ the cheese. Repeat this process with the remaining nachos, lentils and cheese. Place in the hot oven and leave to grill for 6-8 minutes until the cheese is melted and starting to brown. Drain the pickling liquid from the cabbage - lose or reuse it!

5. NO HOLDING BACK! Dish up a generous helping of the cheesy nachos and drizzle over the wasabi mayo. Sprinkle over the toasted sesame seeds, pickled ginger and chopped coriander and serve with pickled cabbage. Yum, chef!



Chef's Tip

If you'd prefer to eat the nachos as dippers, simply bake the hoisin lentils and cheese without them, and serve them on the side for scooping it all up!

Nutritional Information

Per 100g

Energy	804kJ
Energy	192Kcal
Protein	4g
Carbs	18g
of which sugars	7.7g
Fibre	2.1g
Fat	7.3g
of which saturated	2g
Sodium	292mg

Allergens

Egg, Gluten, Dairy, Allium, Sesame,
Wheat, Sulphites, Soy

Cook
within 2
Days