



# UCCOOK

## Quick Crispy Nachos

with fresh avo, black beans & jalapeños

**Hands-on Time:** 10 minutes

**Overall Time:** 15 minutes

**Lunch:** Serves 3 & 4

**Chef:** Jemimah Smith

### Nutritional Info

	Per 100g	Per Portion
Energy	788kJ	3254kJ
Energy	189kcal	779kcal
Protein	4.6g	18.9g
Carbs	17g	70g
of which sugars	1.7g	7.1g
Fibre	5.4g	22.4g
Fat	12.2g	50.3g
of which saturated	2.4g	9.8g
Sodium	162mg	669mg

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

**Spice Level:** Moderate

Eat Within 4 Days

## Ingredients & Prep Actions:

<b>Serves 3</b>	<a href="#">[Serves 4]</a>	
180g	240g	Black Beans <i>drain &amp; rinse</i>
120g	160g	Corn
30g	40g	Sliced Pickled Jalapeños <i>drain</i>
2	2	Avocados <i>cut in half &amp; roughly dice 1½ [2]</i>
150g	200g	Santa Anna's Corn Nachos
90g	120g	Grated Mozzarella Cheese
8g	10g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Seasoning (salt & pepper)

Water

- 1. QUICK MIX** To a bowl, add the beans, the corn, the jalapeños (to taste) and seasoning. Toss and set aside.
- 2. GUAC PREP** Add the avocado to a bowl with some seasoning. Mash with a fork until a nice, smooth guacamole forms. Set aside.
- 3. CHEESY NACHOS** Spread the nachos out on a plate and scatter over the cheese evenly. Pop in the microwave until melted, 1-2 minutes.
- 4. ENJOY!** Top the warm nachos with the bean mix. Finish with dollops of guacamole and the coriander. Season and dig in!