



UCCOOK

Chicken & Black Bean Nachos

with guacamole, pickled jalapeños & fresh coriander

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Nitída | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	736kJ	5469kJ
Energy	176kcal	1308kcal
Protein	7.4g	54.8g
Carbs	13g	97g
of which sugars	1.9g	14.4g
Fibre	3.6g	26.4g
Fat	11g	81.8g
of which saturated	2.8g	20.8g
Sodium	172mg	1275mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Moderate

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Chicken Mince
10ml	20ml	Old Stone Mill Mexican Spice
100g	200g	Cooked Chopped Tomato
60g	120g	Black Beans <i>drain & rinse</i>
80g	160g	Santa Anna's Corn Nachos
40g	80g	Corn
50g	100g	Grated Mozzarella & Cheddar Cheese
1	1	Avocado <i>cut in half & roughly dice ½ [1]</i>
10g	20g	Sliced Pickled Jalapeños <i>drain</i>
30ml	60ml	Sour Cream
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive & coconut)

Seasoning (salt & pepper)

Water

1. MEXICAN MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and the Mexican spice. Work quickly to break the mince up as it starts to cook. Fry until browned, 3-4 [4-5] minutes (shifting occasionally). Add the cooked chopped tomato, the black beans, and 50ml [100ml] of water. Simmer until slightly thickened and heated through, 4-5 minutes.

2. CORNY, CHEESY NACHOS Spread the corn nachos in the air fryer tray. Evenly spoon over the Mexican mince. Top with the corn and scatter over the cheese. Air fry at 200°C until the cheese has melted, 4-5 minutes. Alternatively, preheat the oven to 200°C. Layer the nachos in an oven tray and bake in the hot oven until the cheese has melted, 5-6 minutes.

3. GUAC TIME In a small bowl, add the avo and some seasoning. Mash it with a fork until a smooth guac is formed.

4. MOUTHWATERING MEAL Plate up the cheesy chicken nachos. Scatter over the jalapeños (to taste), dollop over the guacamole and sour cream, and garnish with the coriander. Get stuck in, Chef!

Chef's Tip When airfrying the nachos, cover the base of the air fryer tray with some tinfoil or baking paper (using enough to go up the sides of the tray) so it's easier to remove at the end.