



# UCCOOK

## Bold Black Bean Nachos

with melted cheddar, crème fraîche & spicy tomato salsa

Is it nacho night? We've got you covered with these crunchy corn nachos smothered in a blast of black bean chili, oozing with double cheesy trouble and dollops of coriander-infused crème fraîche and a salsa with a kick of jalapeno.

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**Hands-On Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People


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**Chef:** Jason Kosmas

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 Vegetarian

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 Cavalli Estate | Filly

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## Ingredients & Prep

2	Onions <i>1½ peeled &amp; finely diced</i>
30ml	NOMU Peri Peri Rub
600g	Cooked Chopped Tomatoes
300g	Baby Tomatoes <i>quartered</i>
75g	Sliced Pickled Jalapeños <i>drained &amp; roughly chopped</i>
12g	Fresh Coriander <i> rinsed &amp; roughly chopped</i>
125ml	Crème Fraîche
180g	Black Beans <i>drained &amp; rinsed</i>
300g	Corn <i>drained</i>
240g	Corn Nachos
150g	Grated Mozzarella & Cheddar Cheese Mix

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Milk (optional)

**1. GET THE CHILLI GOING** Preheat the oven to 200°C or on the grill setting. Place a pan over a medium heat with a drizzle of oil. When hot, sauté the diced onion for 2-3 minutes until soft and translucent. Add the peri peri rub to taste and fry for 1-2 minutes until fragrant. Pour in the cooked chopped tomatoes and simmer for 10-12 minutes until slightly thickened, stirring regularly. If it starts to become too thick, simply add a splash of water.

**2. SALSALICIOUS** Place the quartered baby tomatoes, the chopped jalapeños to taste, and ½ of the chopped coriander in a bowl. Add a drizzle of olive oil and toss to combine. Season and set aside for serving. In a second bowl, combine the crème fraîche with the remaining coriander and loosen with a small splash of milk or water. Season to taste and set aside for serving.

**3. ADD THOSE BEANS & CORN** Once the sauce has reduced, stir through the drained black beans and corn. Cook for a further 3-4 minutes until heated through, stirring constantly. Season to taste and remove from the heat on completion.

**4. SAY CHEEESE!** Spread out the nachos on a roasting tray. Pour over the bean chilli and evenly sprinkle with the grated cheese. Bake in the hot oven for 5-6 minutes until the cheese is melted and golden. Ovens vary, so keep a close eye on the cheese to make sure it doesn't burn!

**5. CHEESY NACHO TREAT** Plate up some nachos and cheesy bean chilli. Top with the spicy, tangy salsa and dollop over the coriander crème fraîche. Time to get stuck in!



## Chef's Tip

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

## Nutritional Information

Per 100g

Energy	587kJ
Energy	140Kcal
Protein	4.1g
Carbs	15g
of which sugars	3.7g
Fibre	2.6g
Fat	6.8g
of which saturated	2.8g
Sodium	246mg

## Allergens

Dairy, Allium

Cook  
within  
4 Days