

Eat Within 3 Days

# Mexican Nacho Bowl

**with jalapeño mayo & corn nachos**

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 3 & 4

**Chef:** Jemimah Smith

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 892kJ | 2916kJ |
| Energy | 213kcal | 697kcal |
| Protein | 3.9g | 12.7g |
| Carbs | 28g | 90g |
| of which sugars | 9.5g | 31.2g |
| Fibre | 3.3g | 10.8g |
| Fat | 10.2g | 33.4g |
| of which saturated | 0.9g | 3g |
| Sodium | 393mg | 1283mg |

**Allergens:** Sulphites, Gluten, Wheat, Soya, Allium

**Spice Level:** Hot

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|---|---|---|
| 360g | 480g | Black Beans<br>*drain & rinse* |
| 90g | 120g | Corn |
| 125ml | 160ml | Richard Bosman's BBQ Sauce |
| 120g | 160g | Green Leaves<br>*rinse & roughly shred* |
| 150ml | 200ml | Jalapeño Mayo<br>*(30ml [40ml] Jalapeño Relish & 120ml [160ml] Mayo)* |
| 150g | 200g | Corn Nachos<br>*crush into small pieces* |

## From Your Kitchen

Water
Seasoning (salt & pepper)

1. MIXING MOMENT In a bowl, combine the drained beans, the corn, the BBQ sauce, and seasoning.

2. TIME TO EAT Make a bed of the shredded salad leaves, top with the BBQ bean mixture, and add dollops of the jalapeño mayo. Sprinkle over the crushed corn nachos and enjoy, Chef!