

UCOOK

Cheesy Chicken & Corn Nachos

with black beans, guacamole & fresh coriander

When you just want to spread out on the couch and watch a feel-good movie, dinner should fit the vibe. NOMU Mexican-spiced chicken joins the flavour party with a nacho filling made from Napolitana sauce, corn, & black beans. Add nachos, guac, melted cheese, & spicy jalapeños, and you've got a perfect night in, Chef!

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Jason Johnson

Quick & Easy

Painted Wolf Wines | The Den Chenin Blanc 2023

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Ingredients & Prep

450g	Free-range Chicken Mini Fillets
30ml	NOMU Mexican Spice Blend
120g	Corn
2 units	UCOOK Napolitana Sauce
180g	Black Beans <i>drain & rinse</i>
240g	Corn Nachos
120g	Grated Mozzarella & Cheddar Cheese
30g	Sliced Pickled Jalapeños <i>drain</i>
2 units	Guacamole
30ml	Lemon Juice
8g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

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

1. CHEEKY CHICKY Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Return all the chicken to the pan, and baste with a knob of butter and ½ the NOMU spice blend. Season, remove from the pan, and roughly chop.

2. CHARRED CORN Place a clean pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Season, remove from the pan and set aside.

3. NACHO FILLING Return the pan to medium heat. Add the Napolitana sauce, the drained black beans, the remaining NOMU spice blend, and simmer until slightly thickened, 8-10 minutes (stirring occasionally). Add a sweetener (to taste) and seasoning. Remove from the heat.

4. ASSEMBLE THE NACHOS Spread out the nachos in the air fryer tray. Evenly spoon over the nacho filling and top with the charred corn. Scatter over the diced chicken and the grated cheese. Air-fry on high until the cheese has melted, 5-6 minutes.

5. CHEESY FEAST Plate up the delicious nachos & toppings. Scatter over the chopped jalapeño (to taste). Dollop over the guacamole, drizzle over the lemon juice (to taste) and garnish with the chopped coriander. Get stuck in, Chef!



Chef's Tip

Oven method: Preheat the oven to 200°C. On a roasting tray, spread out the nachos. Top with the nacho filling, then the charred corn, the shredded chicken, and the grated cheese. Bake until the cheese has melted, 6-8 minutes.

Nutritional Information

Per 100g

Energy	601kJ
Energy	144kcal
Protein	7.7g
Carbs	14g
of which sugars	3g
Fibre	3.1g
Fat	6.9g
of which saturated	1.2g
Sodium	334.6mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
2 Days