

Eat Within 3 Days

Mexican Nacho Bowl

with jalapeño mayo & corn nachos

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

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 1	[Serves 2]	
120g	240g	Black Beans *drain & rinse*
30g	60g	Corn
40ml	80ml	Richard Bosman's BBQ Sauce
40g	80g	Green Leaves *rinse & roughly shred*
50ml	100ml	Jalapeño Mayo *(10ml [20ml] Jalapeño Relish & 40ml [80ml] Mayo)*
50g	100g	Corn Nachos *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!