



UCCOOK

Quick Crispy Nachos

with fresh avocado, black beans & jalapeños

Not possible to make fresh Mexican food at the office? We prove it can be done - all you need is a microwave, Chef! Melted cheese covers crunchy nachos, which is topped with a guac-inspired medley of creamy avo, rich black beans, pops of sweet corn, & spicy jalapeños.

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Serves: 3 People

Chef: Jemimah Smith

*New Lunch

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Ingredients & Prep

From Your Kitchen

Salt & Pepper
Water

1. QUICK GUAC Halve the avocado and set aside the other half for another meal. Peel the skin off, keeping the flesh intact. Dice the avocado and place into a bowl. Add the drained beans, the corn, the drained jalapeños (to taste) and seasoning. Toss and set aside.

2. CHEESY NACHOS Spread the nachos out on a plate and scatter over the grated cheese evenly. Pop in the microwave until melted, 1-2 minutes.

3. ENJOY! Top the warm nachos with the avo & bean mixture. Finish with the chopped coriander. Season and dig in!

Nutritional Information

Per 100g

Energy	812kj
Energy	194kcal
Protein	5.1g
Carbs	19g
of which sugars	1.9g
Fibre	5.2g
Fat	11.7g
of which saturated	2.4g
Sodium	194mg

Allergens

Sulphites, Cow's Milk

Eat
Within
4 Days