



UCCOOK

Chicken Nacho Casserole

with sour cream & jalapeños

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	680kJ	4341kJ
Energy	163kcal	1039kcal
Protein	9.7g	62g
Carbs	14g	92g
of which sugars	3g	19g
Fibre	2.2g	13.7g
Fat	7.2g	46.2g
of which saturated	2.6g	16.4g
Sodium	312mg	1990mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Free-range Chicken Breast/s
75g	150g	Sliced Onions
40g	80g	Corn
10ml	20ml	NOMU Taco Mex Mix
10ml	20ml	Stock & Flour (5ml [10ml] Chicken Stock & 5ml [10ml] Cornflour)
100ml	200ml	Tomato Passata
60g	120g	Black Beans <i>drain & rinse</i>
50g	100g	Grated Mozzarella & Cheddar Cheese
20g	40g	Sliced Pickled Jalapeños <i>drain</i>
50ml	100ml	Sour Cream
80g	160g	Santa Anna's Corn Nachos

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. COOK & CHOP THE CHICKEN 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 on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. Remove from the pan, roughly chop, season, and set aside.

2. CHEESY CASSEROLE Return the pan to medium heat with a drizzle of oil. When hot, fry the onions, and the corn until golden, 4-5 minutes (shifting occasionally). Add the NOMU rub (to taste), and the stock & flour and fry until fragrant, 1-2 minutes. Pour in the tomato passata and 100ml [200ml] of water. Simmer until thickening, 8-10 minutes. In the final 3-4 minutes, mix in the beans, the chicken, and scatter over the cheese. Cover and allow the cheese to melt.

3. DIP & DINE Serve the casserole straight from the pan for a rustic touch, or plate individually if preferred. Scatter over the jalapeños, and dollop over the sour cream. Side with the nacho chips for dippers. Enjoy!