

U COOK

Cheesy Chicken & Corn Nachos

with black beans, sour cream & fresh chives

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Jason Johnson

Wine Pairing: Zevenwacht | The Tin Mine White

Nutritional Info	Per 100g	Per Portion
Energy	617kJ 147kcal	4408kJ 1054kcal
Protein	8.7g	62.2g
Carbs	13.9g	99.4g
of which sugars	3.6g	25.5g
Fibre	2.2g	15.4g
Fat	6.4g	45.9g
of which saturated	2.2g	15.9g
Sodium	308mg	2201mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3 [Serves 4]

450g	600g	Free-range Chicken Mini Fillets
30ml	40ml	NOMU Mexican Spice Blend
150g	200g	Corn
2 units	2 units	UCOOK Napolitana Sauce
180g	240g	Black Beans <i>drain & rinse</i>
240g	320g	Corn Nachos
150g	200g	Grated Mozzarella & Cheddar Cheese
30g	40g	Sliced Pickled Jalapeños <i>drain</i>
150ml	200ml	Sour Cream
30ml	40ml	Lemon Juice
8g	10g	Fresh Chives <i>rinse & finely chop</i>

1. NOMU-SPICED CHICKEN Place a pan 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. Baste with a knob of butter and $\frac{1}{2}$ the NOMU spice blend. You may need to do this step in batches. Remove from the pan, season, and roughly chop.

2. NAPOLETANA SAUCE 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. Return the pan to medium heat. Add the Napoletana sauce, the black beans, the remaining NOMU spice blend, and simmer until slightly thickened, 8-10 minutes (stirring occasionally). Add a sweetener (to taste). Remove from heat and season.

3. MMMMELTED CHEESE Spread out the nachos in the air fryer tray. Evenly spoon over the nacho filling and top with the corn. Scatter over the chicken and the cheese. Air-fry on high until the cheese has melted, 5-6 minutes. Alternatively, preheat the oven to 200°C. On a roasting tray, spread out the nachos. Top with the nacho filling, then the corn, the chicken, and the cheese. Bake until the cheese has melted, 6-8 minutes.

4. NA-CHO AVERAGE MEAL Plate up the delicious nachos and toppings. Scatter over the jalapeños (to taste). Dollop over the sour cream, drizzle over the lemon juice (to taste) and garnish with the chives. Get stuck in, Chef!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter