



UCCOOK

Bold Black Bean Nachos

with melted cheddar, crème fraîche & spicy tomato salsa

Is it nacho night? We've got you covered with these crunchy corn nachos smothered in a blast of black bean chili, oozing with double cheesy trouble and dollops of coriander-infused crème fraîche and a salsa with a kick of jalapeno.

Hands-On Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Jason Kosmas

 Vegetarian

 Cavalli Estate | Filly

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Ingredients & Prep

1	Onion <i>½ peeled & finely diced</i>
10ml	NOMU Peri Peri Rub
200g	Cooked Chopped Tomato
100g	Baby Tomatoes <i>quartered</i>
25g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
45ml	Crème Fraîche
60g	Black Beans <i>drained & rinsed</i>
100g	Corn <i>drained</i>
80g	Corn Nachos
50g	Grated Mozzarella & Cheddar Cheese Mix

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)

1. GET THE CHILLI GOING Preheat the oven to 200°C or on the grill setting. Place a pan over a medium heat with a drizzle of oil. When hot, sauté the diced onion for 2-3 minutes until soft and translucent. Add the peri peri rub to taste and fry for 1-2 minutes until fragrant. Pour in the cooked chopped tomatoes and simmer for 6-8 minutes until slightly thickened, stirring regularly. If it starts to become too thick, simply add a splash of water.

2. SALSALICIOUS Place the quartered baby tomatoes, the chopped jalapeños to taste, and ½ of the chopped coriander in a bowl. Add a drizzle of olive oil and toss to combine. Season and set aside for serving. In a second bowl, combine the crème fraîche with the remaining coriander and loosen with a small splash of milk or water. Season to taste and set aside for serving.

3. ADD THOSE BEANS & CORN Once the sauce has reduced, stir through the drained black beans and corn. Cook for a further 1-2 minutes until heated through, stirring constantly. Season to taste and remove from the heat on completion.

4. SAY CHEEESE! Spread out the nachos on a roasting tray. Pour over the bean chilli and evenly sprinkle with the grated cheese. Bake in the hot oven for 3-5 minutes until the cheese is melted and golden. Ovens vary, so keep a close eye on the cheese to make sure it doesn't burn!

5. CHEESY NACHO TREAT Plate up some nachos and cheesy bean chilli. Top with the spicy, tangy salsa and dollop over the coriander crème fraîche. Time to get stuck in!



Chef's Tip

If you'd prefer to eat the nachos as dippers, simply bake the black bean chilli and cheese without them, and serve them on the side for scooping it all up!

Nutritional Information

Per 100g

Energy	587kJ
Energy	140Kcal
Protein	4.1g
Carbs	15g
of which sugars	3.7g
Fibre	2.6g
Fat	6.8g
of which saturated	2.8g
Sodium	246mg

Allergens

Dairy, Allium

Cook
within
4 Days