

UCCOOK

Spicy Mexican Nacho Salad

with jalapeño mayo & corn nachos

Time for a Mexican fiesta at work, Chef! This spicy number will wake up your palate, with a BBQ bean mixture dotted with sweet corn, served with fresh greens and a jalapeño mayo. Garnished with crushed corn nachos for crunch.

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Serves: 3 People

Chef: Jemimah Smith

*New Lunch

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

360g	Black Beans <i>drain & rinse</i>
90g	Corn
125ml	The Sauce Queen Smokey BBQ Sauce
120g	Green Leaves <i>rinse & roughly shred</i>
150ml	Jalapeño Mayo <i>(30ml Jalapeño Relish & 120ml Mayo)</i>
150g	Corn Nachos <i>crush into small pieces</i>

From Your Kitchen

Salt & Pepper
Water

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!

Nutritional Information

Per 100g

Energy	882kJ
Energy	211kcal
Protein	4g
Carbs	24g
of which sugars	7.2g
Fibre	3.4g
Fat	11.2g
of which saturated	1g
Sodium	375.9mg

Allergens

Allium, Sulphites

Eat
Within
3 Days