



# UCCOOK

## Quick Crispy Nachos

with guacamole, black beans & jalapeños

**Hands-on Time:** 10 minutes

**Overall Time:** 15 minutes

**Lunch:** Serves 3 & 4

**Chef:** Megan Bure

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 823kJ    | 2658kJ      |
| Energy             | 197kcal  | 636kcal     |
| Protein            | 5g       | 16.2g       |
| Carbs              | 19g      | 60g         |
| of which sugars    | 1.9g     | 6.1g        |
| Fibre              | 5.8g     | 18.7g       |
| Fat                | 11.4g    | 36.9g       |
| of which saturated | 1.1g     | 3.6g        |
| Sodium             | 301mg    | 972mg       |

**Allergens:** Cow's Milk, Sulphites

**Spice Level:** Moderate

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3 [\[Serves 4\]](#)

|         |         |                                                          |
|---------|---------|----------------------------------------------------------|
| 180g    | 240g    | Black Beans<br><i>drain &amp; rinse</i>                  |
| 90g     | 120g    | Corn                                                     |
| 30g     | 40g     | Sliced Pickled Jalapeños<br><i>drain</i>                 |
| 2 units | 2 units | Guacamole                                                |
| 150g    | 200g    | Santa Anna's Corn Nachos                                 |
| 60g     | 80g     | Grated Mozzarella Cheese                                 |
| 8g      | 10g     | Fresh Coriander<br><i>rinse, pick &amp; roughly chop</i> |

## From Your Kitchen

Seasoning (salt & pepper)

Water

1. **QUICK MIX** To a bowl, add the beans, the corn, the jalapeños (to taste) and seasoning. Toss and set aside.

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

3. **ENJOY!** Top the warm nachos with the bean mixture. Finish with dollops of guacamole and the coriander. Season and dig in!