



UCCOOK

Zippy Black Bean Nachos

with melted cheddar, sour cream & spicy tomato salsa

Planning a nacho night? We've got it covered! Smothered in black bean chilli, oozing with cheddar cheese, and complemented by coriander-infused sour cream, these nachos will have you licking your plate...

Hands-On Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Jason Kosmas

 Vegetarian

 Warwick Wine Estate | First Lady Pinotage

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Ingredients & Prep

1	Onion <i>½ peeled & finely diced</i>
10ml	NOMU Mexican Spice Blend
200g	Cooked Chopped Tomato
100g	Baby Tomatoes <i>quartered</i>
25g	Pickled Jalapeños <i>drained & roughly chopped</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
45ml	Sour Cream
60g	Black Beans <i>drained & rinsed</i>
100g	Corn <i>drained</i>
80g	Corn Nachos
50g	Grated White Cheddar

From Your Kitchen

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

1. GET THE CHILLI GOING Preheat the oven to 200°C 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 Mexican spice blend 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, and ½ 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 sour cream 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 sour cream. 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	553kj
Energy	132Kcal
Protein	4.2g
Carbs	15g
of which sugars	3.5g
Fibre	2.5g
Fat	6g
of which saturated	2.1g
Sodium	200mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days