



UCCOOK

Crunchy Mexican Nachos

with black beans & sour cream

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Groote Post Winery | Groote Post Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	548kJ	3729kJ
Energy	131kcal	892kcal
Protein	4.1g	28g
Carbs	15g	103g
of which sugars	3.6g	24.8g
Fibre	2.4g	16.5g
Fat	5.9g	40.3g
of which saturated	2g	13.7g
Sodium	252mg	1715mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & roughly slice</i>
300g	400g	Cooked Chopped Tomato
180g	240g	Black Beans <i>drain & rinse</i>
150g	200g	Corn
45ml	60ml	Old Stone Mill Mexican Spice
240g	320g	Corn Nachos
150g	200g	Grated Mozzarella & Cheddar Cheese
2	2	Tomatoes <i>rinse & roughly dice</i>
45ml	60ml	Lime Juice
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
45g	60g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
125ml	160ml	Sour Cream

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. NACHO FILLING Preheat the oven to 200°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the onion until golden, 5-6 minutes (shifting occasionally). Add the cooked chopped tomato, the black beans, the corn, the Mexican spice, and 125ml [160ml] of water. Simmer until slightly thickened, 8-9 [8-10] minutes (stirring occasionally). Add a sweetener (to taste) and seasoning. Remove from the heat.

2. ASSEMBLE THE TROOPS Spread out the nachos on a roasting tray. Evenly spoon over the nacho filling and scatter over the cheese. Bake in the hot oven until the cheese has melted, 6-8 minutes.

3. WHILE THE NACHOS ARE BAKING... In a bowl, combine the tomato, the lime juice (to taste), ½ the coriander, and seasoning.

4. CHEESY FEAST For serving, you can either eat the cheesy nachos right out of the tray, or dish them up on a plate. Scatter over the jalapeños (to taste) and the zesty tomato salsa. Dollop over the sour cream, and garnish with the remaining coriander. Get stuck in, Chef!