



UCOOK

Chicken & Black Bean Nachos

with guacamole, pickled jalapeños & fresh coriander

This is na-cho average nachos, Chef! Mexican-spiced chicken mince is pan-fried with cooked tomatoes and black beans. This mince medley is spooned over corn nachos with pops of corn and cheese. Once baked, the dish gets a spicy scattering of jalapeños, a cooling dollop of guac, and a herbaceous garnish of coriander.

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 1 Person

Chef: Samantha du Toit

Quick & Easy

 Bertha Wines | Bertha Shiraz 2021

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Ingredients & Prep

150g	Free-range Chicken Mince
10ml	Mexican Spice
100g	Cooked Chopped Tomato
60g	Black Beans <i>drain</i>
80g	Corn Nachos
40g	Corn
50g	Grated Mozzarella & Cheddar Cheese
10g	Sliced Pickled Jalapeños <i>drain</i>
1 unit	Guacamole
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive & coconut)
Salt & Pepper
Water

1. MEXICAN MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and the Mexican spice. Work quickly to break the mince up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the cooked chopped tomato, the drained beans, and 50ml of water. Simmer until slightly thickened and heated through, 4-5 minutes.

2. CORNY, CHEESY NACHOS Spread the corn nachos in the air fryer tray. Evenly spoon over the Mexican mince. Top with the corn and scatter over the cheese. Air fry at 200°C until the cheese has melted, 4-5 minutes. Alternatively, preheat the oven to 200°C. Layer the nachos in an oven tray and bake in the hot oven until the cheese has melted, 4-5 minutes.

3. MOUTHWATERING MEAL Plate up the cheesy chicken nachos. Scatter over the drained jalapeños (to taste), dollop over the guacamole, and garnish with the chopped coriander. Get stuck in, Chef!

Nutritional Information

Per 100g

Energy	737kJ
Energy	176kcal
Protein	8.2g
Carbs	14g
of which sugars	2.1g
Fibre	3.4g
Fat	10.1g
of which saturated	2g
Sodium	325mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
1 Day