



UCCOOK

Quick Crispy Nachos

with guacamole, black beans & jalapeños

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

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 1	[Serves 2]	
60g	120g	Black Beans <i>drain & rinse</i>
30g	60g	Corn
10g	20g	Sliced Pickled Jalapeños <i>drain</i>
1 unit	1 unit	Guacamole
50g	100g	Santa Anna's Corn Nachos
20g	40g	Grated Mozzarella Cheese
3g	5g	Fresh Coriander <i>rinse, pick & 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!