



# 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.

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People


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**Chef:** Samantha du Toit

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Quick & Easy

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 Bertha Wines | Bertha Shiraz 2021

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## Ingredients & Prep

450g	Free-range Chicken Mince
30ml	Mexican Spice
300g	Cooked Chopped Tomato
180g	Black Beans <i>drain</i>
240g	Corn Nachos
120g	Corn
150g	Grated Mozzarella & Cheddar Cheese
30g	Sliced Pickled Jalapeños <i>drain</i>
2 units	Guacamole
8g	Fresh Coriander <i>rinse, pick &amp; 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, 4-5 minutes (shifting occasionally). Add the cooked chopped tomato, the drained beans, and 150ml of water. Simmer until slightly thickened and heated through, 5-6 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