

QCOOK

Mexican Nacho Bowl

with jalapeño mayo & corn nachos

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	882kj	2885kj
Energy	211kcal	690kcal
Protein	4g	13.2g
Carbs	24g	79g
of which sugars	7.2g	23.4g
Fibre	3.4g	11.3g
Fat	11.2g	36.7g
of which saturated	1g	3.4g
Sodium	375.9mg	1229mg

Allergens: Sulphites, Allium

Spice Level: Hot

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
120g	240g	Black Beans <i>drain & rinse</i>
30g	60g	Corn
40ml	80ml	The Sauce Queen Smokey BBQ Sauce
40g	80g	Green Leaves <i>rinse & roughly shred</i>
50ml	100ml	Jalapeño Mayo <i>(10ml [20ml] Jalapeño Relish & 40ml [80ml] Mayo)</i>
50g	100g	Corn Nachos <i>crush into small pieces</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

- 1. MIXING MOMENT** In a bowl, combine the beans, the corn, the BBQ sauce, and seasoning.
- 2. TIME TO EAT** Make a bed of the salad leaves, top with the BBQ bean mixture, and add dollops of the jalapeño mayo. Sprinkle over the corn nachos and enjoy, Chef!