



# UCOOK

## Cantonese Flair Nachos

**with pickled cabbage, hoisin lentils & wasabi mayo**

Corn nachos with hoisin infused lentils and “shmelty” cheese. With pickled cabbage and ginger, toasty sesame seeds, fresh coriander and a kick of wasabi mayo. Now that’s tasty fusion food!

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**Hands-On Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Thea Richter

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 Vegetarian

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 Haute Cabrière | Pinot Noir Unwooded

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## Ingredients & Prep

15ml	Mixed Sesame Seeds
30ml	Rice Wine Vinegar
150g	Shredded Cabbage
1	Onion <i>peeled &amp; roughly diced</i>
240g	Lentils <i>drained &amp; rinsed</i>
85ml	Hoisin Sauce
60ml	Kewpie Mayo
10ml	Wasabi Powder
160g	Corn Nachos
100g	Grated Mozzarella & Cheddar Cheese Mix
30g	Pickled Ginger <i>drained &amp; roughly chopped</i>
8g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. LET'S GET PREPPING** Preheat the oven to the grill setting or the highest temperature. Place the sesame seeds in a pot, large enough for the lentils, over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. In a salad bowl, place the rice wine vinegar, 10ml of water and 10ml of a sweetener of choice. Mix until the sweetener is almost all dissolved. Add in the shredded cabbage and toss until fully coated. Set aside to pickle, tossing occasionally.

**2. HOISIN LENTILS** Return the pot to a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Stir through the drained lentils, hoisin sauce, 60ml of water, and bring to a simmer. Reduce the heat and cook for 5-6 minutes until coated and sticky, shifting occasionally. Remove from the heat, cover to keep warm, and set aside until serving.

**3. SPICY MAYO** Place the mayo in a small bowl and mix in the wasabi to taste. Loosen with water in 5ml increments until drizzling consistency. Season to taste and set aside for serving.

**4. OOZEY, GOLDEN NACHOS** Once the lentils are done, form a layer with ½ the nachos in an oven-proof dish. Spoon over ½ the lentil mixture and sprinkle over ½ the cheese. Repeat this process with the remaining nachos, lentils and cheese. Place in the hot oven and leave to grill for 5-6 minutes until the cheese is melted and starting to brown. Drain the pickling liquid from the cabbage - lose or reuse it!

**5. NO HOLDING BACK!** Dish up a generous helping of the cheesy nachos and drizzle over the wasabi mayo. Sprinkle over the toasted sesame seeds, pickled ginger and chopped coriander and serve with pickled cabbage. Yum, chef!



## Chef's Tip

If you'd prefer to eat the nachos as dippers, simply bake the hoisin lentils and cheese without them, and serve them on the side for scooping it all up!

## Nutritional Information

Per 100g

Energy	804kJ
Energy	192Kcal
Protein	4g
Carbs	18g
of which sugars	7.7g
Fibre	2.1g
Fat	7.3g
of which saturated	2g
Sodium	292mg

## Allergens

Egg, Gluten, Dairy, Allium, Sesame,  
Wheat, Sulphites, Soy

Cook  
within 2  
Days