

# U COOK

## Cheesy Chicken & Corn Nachos

with black beans, sour cream & fresh chives

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Jason Johnson

**Wine Pairing:** Zevenwacht | The Tin Mine White

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 617kJ    | 4408kJ      |
| Energy             | 147kcal  | 1054kcal    |
| Protein            | 8.7g     | 62.2g       |
| Carbs              | 13.9g    | 99.4g       |
| of which sugars    | 3.6g     | 25.5g       |
| Fibre              | 2.2g     | 15.4g       |
| Fat                | 6.4g     | 45.9g       |
| of which saturated | 2.2g     | 15.9g       |
| Sodium             | 308mg    | 2201mg      |

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** Mild

Eat Within 3 Days



## Ingredients & Prep Actions:

Serves 3 [Serves 4]

|         |         |  |
|---------|---------|--|
| 450g    | 600g    | Free-range Chicken Mini Fillets                |
| 30ml    | 40ml    | NOMU Mexican Spice Blend                       |
| 150g    | 200g    | Corn   |
| 2 units | 2 units | UCOOK Napolitana Sauce                         |
| 180g    | 240g    | Black Beans<br><i>drain &amp; rinse</i>        |
| 240g    | 320g    | Corn Nachos                                    |
| 150g    | 200g    | Grated Mozzarella & Cheddar Cheese             |
| 30g     | 40g     | Sliced Pickled Jalapeños<br><i>drain</i>       |
| 150ml   | 200ml   | Sour Cream                                     |
| 30ml    | 40ml    | Lemon Juice                                    |
| 8g      | 10g     | Fresh Chives<br><i>rinse &amp; finely chop</i> |

**1. NOMU-SPICED CHICKEN** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Baste with a knob of butter and  $\frac{1}{2}$  the NOMU spice blend. You may need to do this step in batches. Remove from the pan, season, and roughly chop.

**2. NAPOLETANA SAUCE** Place a clean pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Season, remove from the pan and set aside. Return the pan to medium heat. Add the Napoletana sauce, the black beans, the remaining NOMU spice blend, and simmer until slightly thickened, 8-10 minutes (stirring occasionally). Add a sweetener (to taste). Remove from heat and season.

**3. MMMMELTED CHEESE** Spread out the nachos in the air fryer tray. Evenly spoon over the nacho filling and top with the corn. Scatter over the chicken and the cheese. Air-fry on high until the cheese has melted, 5-6 minutes. Alternatively, preheat the oven to 200°C. On a roasting tray, spread out the nachos. Top with the nacho filling, then the corn, the chicken, and the cheese. Bake until the cheese has melted, 6-8 minutes.

**4. NA-CHO AVERAGE MEAL** Plate up the delicious nachos and toppings. Scatter over the jalapeños (to taste). Dollop over the sour cream, drizzle over the lemon juice (to taste) and garnish with the chives. Get stuck in, Chef!

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter