



QCOOK

Mexican Nacho Bowl

with jalapeño mayo & corn nachos

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

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 3 [Serves 4]

360g	480g	Black Beans <i>drain & rinse</i>
90g	120g	Corn
125ml	160ml	The Sauce Queen Smokey BBQ Sauce
120g	160g	Green Leaves <i>rinse & roughly shred</i>
150ml	200ml	Jalapeño Mayo <i>(30ml [40ml] Jalapeño Relish & 120ml [160ml] Mayo)</i>
150g	200g	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!