



# UCOOK

## Quick Crispy Nachos

with guacamole, black beans & jalapeños

Not possible to make fresh Mexican food at the office? We prove it can be done - all you need is a microwave, Chef! Melted cheese covers crunchy nachos, which is topped with guacamole, rich black beans, pops of sweet corn & spicy jalapeños.

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**Hands-on Time:** 10 minutes

**Overall Time:** 15 minutes

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**Serves:** 3 People

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**Chef:** Jemimah Smith

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Lunch

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### Ingredients & Prep

180g	Black Beans <i>drain &amp; rinse</i>
120g	Corn
30g	Sliced Pickled Jalapeños <i>drain</i>
150g	Corn Nachos
90g	Grated Mozzarella Cheese
2 units	Guacamole
8g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

### From Your Kitchen

Seasoning (salt & pepper)  
Water

**1. QUICK MIX** To a bowl, add the beans, the corn, the jalapeños (to taste) and seasoning. Toss and set aside.

**2. CHEESY NACHOS** Spread the nachos out on a plate and scatter over the cheese evenly. Pop in the microwave until melted, 3-5 minutes.

**3. ENJOY!** Top the warm nachos with the bean mixture. Finish with dollops of guacamole and the coriander. Season and dig in!

### Nutritional Information

Per 100g

Energy	803kj
Energy	192kcal
Protein	5.1g
Carbs	19g
of which sugars	2g
Fibre	5.1g
Fat	11.5g
of which saturated	1.5g
Sodium	341mg

### Allergens

Cow's Milk, Sulphites

Eat  
Within  
4 Days