



UCOOK

Loaded Cheesy Nachos

with ready-made guacamole & fresh chives

A nacho dinner extravaganza, with all the usual guests: a tangy guacamole, a cluster of corn nachos, strings of melty cheese, a spicy kidney bean and corn chilli, and sliced jalapeño.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Tess Witney

 Veggie

 Creation Wines | Creation Rosé 2022

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

2	Red Onions <i>peeled & 1 finely diced & 1 finely sliced</i>
60ml	NOMU Mexican Spice Blend
400g	Cooked Chopped Tomato
480g	Kidney Beans <i>drained & rinsed</i>
320g	Corn
2	Lemons <i>cut into wedges</i>
320g	Heirloom Corn Nachos
320g	Grated Mozzarella & Cheddar Cheese
320g	Guacamole
15g	Fresh Chives <i>rinsed & finely chopped</i>
4	Pickled Jalapeños <i>drained & roughly chopped</i>

From Your Kitchen

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

1. NACHO FILLING Preheat the oven to 200°C. Place a large pan over a medium-high heat with a drizzle of oil. When hot, sauté the sliced onion for 4-5 minutes until soft. Add the spice blend to taste and fry for another minute. Stir in the cooked chopped tomato, drained kidney beans, and 120ml of water. Allow to simmer for 8-10 minutes until thickened, stirring occasionally.

2. COMPLETE THE FILLING Once the sauce has thickened, stir through the corn and a squeeze of lemon juice. Add a sweetener of choice to taste, season, and remove the pan from the heat.

3. CHIP CHIP HOORAY! Spread a layer of nachos over the bottom of a roasting tray. (Use two trays if necessary.) Evenly spoon over half of the nacho sauce and scatter over some grated cheese. Repeat this process once more to create one more layer of each, using up the rest of the sauce and cheese. Bake in the hot oven for 6-8 minutes until the cheese has melted.

4. SPRUCE IT UP In a bowl, combine the guacamole with $\frac{3}{4}$ of the chopped chives. Mix in the diced onion and a squeeze of lemon juice (both to taste) and season.

5. IT'S GONNA GUAC YOUR WORLD! For serving, you can either eat the cheesy corn nachos right out of the tray, or dish them up on plates. Dollop over the tangy guacamole and sprinkle over the remaining chopped chives and chopped jalapeños. Get stuck in!

Nutritional Information

Per 100g

Energy	712kJ
Energy	170kcal
Protein	6.1g
Carbs	16g
of which sugars	3g
Fibre	3.7g
Fat	8.4g
of which saturated	2.6g
Sodium	285mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days