

Loaded Nachos with Beans, Guacamole, Sour Cream

and Homemade Cheddar Cheese Sauce

These nachos are brought together with a creamy, homemade cheddar cheese sauce.

hellóchef

Cals 1109 • Prot 38 • Carbs 100 • Fat 72

Vegetarian

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🕒 cook: 30 min

R3452



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chilli	2 ppl	3 ppl	4 ppl	
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Red pepper	1	1	2	Piece
Black beans	240	240	480	Grams
Vegetable oil	1	1	2	Tbsp
Taco seasoning	10	15	20	Grams
Smoked paprika powder	2	2	4	Grams
Cumin powder	2	2	4	Grams
Chipotle powder	2	2	2	Grams
Tomato paste	30	50	70	Grams
Honey	15	15	30	Grams
Water	100	150	200	ML

Toppings

Avocado	1	2	2	Piece
Fresh coriander	15	15	15	Grams
Lime	1	1	2	Piece
Salt	1	1	2	Tsp
Tortilla chips	120	160	240	Grams
Mild tomato salsa	60	90	120	Grams
Sour cream 4*	60	90	120	Grams

Cheese sauce

Butter 4*	10	20	20	Grams
Plain flour 10*, 11*	10	20	20	Grams
Whole milk 4*	200	400	400	ML
Grated orange cheddar 4*	90	180	180	Grams
Salt	0.5	1	1	Tsp

Allergens

*4 Milk, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

Per Serving*

Energy (kJ/kcal)	4639 / 1109
Fat (g)	72.4
of which saturates (g)	25.6
Carbohydrate (g)	100
of which sugars (g)	21.6
Fiber (g)	21.9
Protein (g)	37.6
Salt (g)	3.3

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Peel and finely chop the **onion**. Peel and mince the **garlic**. De-seed and finely chop the **peppers**. Drain and rinse the **black beans**.



2 Make chilli

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** and **peppers** with a pinch of **salt** and fry for 5 min. Add the **garlic**, **taco seasoning**, **smoked paprika**, **cumin** and a pinch of **chipotle (spicy!)** and fry for 1 min further. Add the **tomato paste**, **beans**, **honey** and **measured water** and simmer, covered, for 10 min. After 10 min, use a potato masher to crush the **beans**.



3 Make guacamole

Meanwhile, chop the **avocado** in half and remove the stone. Scoop the flesh into a bowl and mash with a fork. Finely chop the **coriander** and add half to the **avocado** with a squeeze of **lime** juice and a generous pinch of **salt**. This is your **guacamole**.

Tip! Become an avocado ripening pro! If your avocado's still hard but you plan to use it the next day, put it in a brown paper bag with an apple or a banana.



4 Start sauce

Heat a large non-stick pan or saucepan over a medium heat. Once hot, add the **butter** and **flour** and cook, stirring continuously, for 1 min or until a sandy paste has formed. Once a paste has formed, gradually whisk in the **milk**.



5 Finish sauce

Once all the **milk** has been added, reduce the heat to low. Add the **cheddar** to the pot and stir until the **cheese** melts. If the sauce is too thick, add a splash of water. Season with **salt** to taste - this is your **cheese sauce**.



6 Serve

Arrange the **nachos** on plates. Top with the **bean chilli**, followed by the **guacamole**, **tomato salsa** and **sour cream**. Serve the **cheese sauce** to the side or drizzle all over. Garnish with any remaining **coriander**.