



Chicken & Black Bean Nachos



DIFFICULTY: EASY



PREPARATION TIME: 20
MINUTES



COOKING TIME: 30 MINUTES



SERVES: 6 TO 8

Ingredients

- 2 chicken breast fillets
- 2 tsps smoked paprika
- 2 tsp olive oil
- 2 corn cobs, brushed with olive oil
- 2 tbsp olive oil – extra
- 1 onion, chopped
- 2 cloves garlic, finely chopped
- 2 tsp ground cumin
- 2tsp ground coriander
- 2 tsp dried oregano leaves
- 1 red capsicum, seeded & chopped
- 2 tbsp Chipotle in Adobo Sauce
- 400g can chopped tomatoes
- 400g can black beans, drained & rinsed
- 200g corn chips
- 200g grated cheddar cheese

Method

Preheat the oven on CircoRoast to 190°C & line the universal pan with baking paper. Place the chicken fillets on the tray and rub with the smoked paprika. Brush the chicken with olive oil and cook on shelf position 3 for 22 to 25 minutes or until the chicken is cooked. Change the oven function to CircoTherm at 190°C

While the chicken is cooking, heat a frying pan over a medium to high heat, Induction level 7. Place the corn cobs into the pan and allow to cook, turning regularly until the corn begins to blacken. Remove from the pan and cool before slicing the corn from the cob.

Add the extra olive oil to the pan and fry the onion and garlic for 2 to 3 minutes. Add the spices & oregano & continue cooking for a further minute before adding the capsicum. Continue frying for 2 minutes. Stir in the chipotle in adobo and the tomatoes then reduce the heat to low, Induction level 3 and cook for 4 to 6 minutes or until slightly reduced & thickened. Stir in about two thirds of the black beans and reserve the remainder.

Arrange the corn chips in an ovenproof dish, reserving some to serve with the Nachos. Place the sliced chicken onto the corn chips and spoon the sauce over the top. Sprinkle with the cheese and bake for 12 to 14 minutes or until the cheese is melted and slightly golden.

Notes

Before serving, top with the blackened corn, remaining black beans and other topping ingredients