



## Black Bean & Chicken Nachos

with Pico de Gallo & Crema



30-40min



2 Servings

We love ingredients that don't just taste good but are good for you too! Hearty black beans have a mild flavor and a creamy texture. But, these small legumes are a powerhouse ingredient packing some serious protein, fiber, and are high in vitamins and minerals like folate and magnesium.



## What we send

- 6 (6-inch) flour tortillas <sup>1,6</sup>
- 15 oz can black beans
- 1 red onion
- 4 oz roasted red peppers
- ¼ oz fresh cilantro
- 1 plum tomato
- 5 oz corn
- ¼ oz taco seasoning
- 2 oz shredded cheddar-jack blend <sup>7</sup>
- 1 oz sour cream <sup>7</sup>
- 10 oz pkg chicken breast strips

## What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or apple cider vinegar) <sup>17</sup>

## Tools

- rimmed baking sheet
- colander
- medium ovenproof skillet

## Cooking tip

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## Allergens

Wheat (1), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 880kcal, Fat 35g, Carbs 91g, Protein 58g



### 1. Bake tortilla chips

Preheat oven to 400°F with a rack in the upper third.

Lightly brush **4 of the tortillas** with **oil** (save rest for own use), then stack and cut each into 8 wedges. On a rimmed baking sheet, toss tortillas with **a pinch of salt**, then spread into a single layer. Bake on upper rack, until chips are golden and crisp, 5-10 minutes (watch closely). Leave oven on.



### 4. Cook beans

To same skillet, add **remaining onions**; cook, stirring, until softened, 1-2 minutes. Add **beans, corn, peppers, remaining chopped cilantro, ½ cup water, and 2 teaspoons taco seasoning**. Cook until water is mostly evaporated, 2-3 minutes. Season with **salt and pepper**. Transfer to a bowl. Wipe out skillet.



### 2. Prep ingredients

Drain and rinse **beans**. Finely chop **¾ cup onion**. Thinly slice **peppers**. Reserve **a few cilantro leaves** for step 6; finely chop remaining leaves and stems. Halve **tomato**; cut into ¼-inch pieces.

In a small bowl, stir to combine **tomatoes, half of the chopped cilantro, ¼ cup of the onions, 1 tablespoon oil, and 1 teaspoon vinegar**. Season to taste with **salt and pepper**.



### 5. Bake nachos

Brush skillet with **oil**. Layer **half of the tortilla chips** on the bottom. Spoon **half of the bean filling** on top; sprinkle **half of the cheese** over. Repeat one more layer with **chicken and remaining chips, filling, and cheese**.

Bake on top oven rack until cheese is melted, 3-5 minutes (watch closely).



### 3. Cook chicken

Pat **chicken** dry, then season all over with **salt and pepper**. Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes (chicken will not be cooked through). Using a slotted spoon, transfer to a plate.







### 6. Make crema & serve

In a small bowl, slightly thin **sour cream** by mixing in **1 teaspoon water** as needed.

Spoon **pico de gallo** over **nachos**, drizzle **crema** on top, and garnish with **reserved cilantro leaves**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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