



Black Bean & Shredded 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 ^{1,6}
- 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
- ½ lb pkg ready to heat shredded chicken
- 2 oz shredded cheddar-jack blend ⁷
- 1 oz sour cream ⁷

What you need

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

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 730kcal, Fat 34g, Carbs 89g, Protein 26g



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.

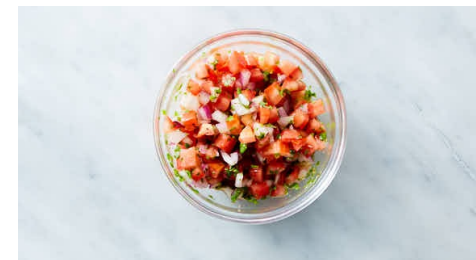


2. Prep ingredients

Drain and rinse **beans**. Finely chop **¾ cup onion**. Thinly slice **peppers**.

Reserve **a few cilantro leaves** for step 6, then finely chop remaining leaves and stems.

Halve **tomato**, then cut into ¼-inch pieces.



3. Make pico de gallo

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**.



4. Cook beans

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **remaining onions**; cook, stirring, until softened, 1–2 minutes. Add **beans**, **corn**, **peppers**, **remaining chopped cilantro**, **⅓ 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.



5. Bake nachos

Brush skillet with **oil**. Lay **half of the tortilla chips** on the bottom and spoon **half of the bean filling** on top. Break **chicken** into bite-sized pieces and scatter half over beans; sprinkle with **half of the cheese**. Repeat one more layer with remaining chips, beans, chicken, and cheese. Bake on top rack until chicken is hot and cheese is melted, 3–5 minutes (watch closely).






6. Finish & 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)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**