Mexican Egg Nachos

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| Preparation time: | 35 mins |
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| Serves: | 4 people |
| User Rating: | *** |

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Ingredients

- 200g shredded skinless BBQ chicken
- 400g can black beans, rinsed, drained
- 2 tomatoes, diced
- 1 long fresh green chilli, finely chopped, plus extra sliced chilli, to serve
- 4 long green shallots, thinly sliced, plus extra to serve
- 150g (3/4 cup) mild taco sauce, plus extra to serve
- 200g plain corn chips
- 40g (1/2 cup) grated cheddar cheese

- 4 eggs
- 1 avocado, thinly sliced or diced
- 2 tbs fresh coriander leaves
- 1 tbs lime juice, plus wedges to serve
- 125g (1/2 cup) sour cream

Method

- 1. Preheat oven to 200°C/180°C fan-forced. Lightly spray a 2 litre (8-cup) baking dish with oil.
- 2. Combine chicken, black beans, tomato, chilli and shallots in a large bowl. Place corn chips in prepared dish. Top with the chicken mixture and sprinkle with the cheese. Make 4 indents in the nachos and carefully break an egg into each. Bake for 12-15 minutes or until eggs are cooked to your liking.
- 3. Meanwhile, combine avocado, coriander and lime juice in a bowl. Season with salt and pepper. Serve nachos topped with the avocado salsa, extra chilli, shallots, sour cream and lime wedges.

Notes

Important: For gluten free, please ensure you purchase gluten free corn chips and taco sauce.

Nutritional Information



All nutrition values are per serve.