

Healthy Nachos



This nutritious crowd pleaser will be your next family favourite.

Ingredients

- 1 onion, diced
- 1 carrot, diced
- 1 celery stalk, diced
- 1 tsp cumin
- 1 tsp oregano
- 1 capsicum, diced
- 400 g canned black beans, drained and rinsed
- 400 g canned kidney beans, drained and rinsed
- 400 g canned chickpeas, drained and rinsed
- 500 ml tomato puree
- 1 tbsp chipotle sauce
- 1 cup tasty cheese, shredded

2 tbsp coriander, chopped for garnish
1 cup cherry tomatoes, halved for garnish
2 packets mini corn tortillas
extra virgin olive oil spray

Guacamole:

1 avocado
2 tbsp coriander, chopped
1 tsp pickled jalapenos, chopped
1 small red onion, chopped
1 lime, juiced

Method:

1. Preheat the oven to 150C fan force.
2. In a saucepan over medium heat, drizzle olive oil and sweat the onions, carrot and celery. When softened, add the cumin, oregano, capsicum, black beans, kidney beans and chickpeas. Cook for 7-8 minutes then add the chipotle and tomato puree.
3. To make the tortilla chips, cut the corn tortillas into small wedges. Spray with olive oil, and bake in the oven for 10-15 minutes or until crispy.
4. To make the guacamole, scoop out the avocado and mash with the back of a fork, then add the red onion, jalapenos, lime juice and coriander. Season with salt and pepper. Refrigerate until ready to use.
5. Preheat the oven to 200C.
6. On a baking tray or dish, spread the tortilla chips evenly on the base, sprinkle some cheese, followed by the bean mix and a little extra cheese on top. Bake until the cheese has melted. Remove from the oven and let it cool slightly before adding the guacamole, cherry tomatoes, and coriander. Serve immediately.