

NACHOS

April 2017

#recipe for Ruchita

thankfully we get great quality tinned beans & tomatoes which makes this recipe easy to make & it tastes divine. The quantities used means it makes a large pot of nachos mix but that is perfect for leftovers for lunch.

1. Finely dice: 1 medium onion

Grate: 1 medium carrot

+ 3 cloves garlic

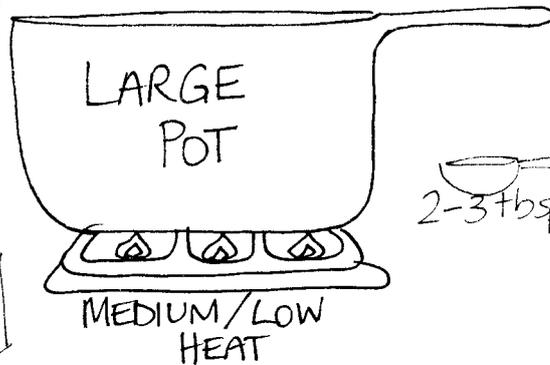
+ 1 celery stick

+ 1 red chilli seeds removed

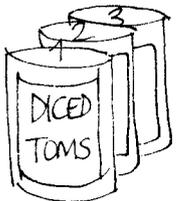
2. heat oil in pot & gently fry veges ≈ 10mins until onion is tender

3. Add GROUND CUMIN & GARAM MASALA fry for a couple of minutes

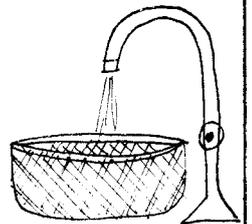
1/2 tsp SMOKED PAPRIKA



4. Add drained & rinsed beans



& 3 tins of diced tomatoes
1 cup of water
& 1/2 cup coconut cream



5. BRING TO BOIL, REDUCE HEAT & SIMMER FOR ≈ 60mins

STIRRING OFTEN as it thickens a lot

6. Once it's ready: line an oven proof dish with corn chips plop some of the nachos mix on top of them, grate cheese over the top & put it in the oven til cheese is melted & golden mmm (≈ 10-15 mins) Top with chopped coriander, sour cream, avocado +/- tomatoes diced & use corn chips as scoops to eat it.

1 HOUR