

Webfid00210hero cheesyvegetariannachos

Vegetarian Nachos

with Avocado and Tomato Salsa



20-30min



4 Portions

With cheesy, crunchy chips a protein-rich tomato sauce and beautiful fresh salsa, these easy baked nachos are a midweek superstar. Set 'em up in the middle of the table so everyone can dig in!

What we send

- crushed tomatoes
- chipotle sauce ⁶
- spice mix
- lime
- onion
- avocado
- cherry tomatoes
- corn chips ¹
- kidney beans
- corn cob
- mature cheddar ⁷
- garlic

What you'll require

- olive oil
- salt and pepper

Utensils

- baking paper
- large frypan

Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

If your kids prefer their food separate, serve the avocado and tomato in separate dishes.

Allergens

Gluten (1), Soy (6), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 800.0kcal, Fat 39.7g, Proteins 23.8g, Carbs 80.8g



1. Prep ingredients

Preheat oven to 170C. Coarsely chop the **onion** and **garlic**. Coarsely grate the **cheddar**. Place the **corn cob** on a board and using a sharp knife carefully slice off kernels.



4. Bake chips

Line a 2L baking dish with baking paper. Spread half the **corn chips** in the dish in a single layer, then top with half the **tomato mixture** and sprinkle over half of the grated **cheese**. Repeat with remaining chips, tomato mixture and cheese. Bake for 10 mins or until the cheese has melted.



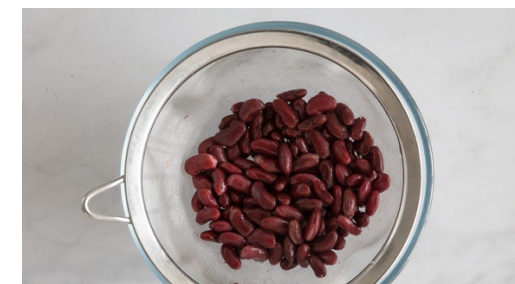
2. Start cooking sauce

Heat 1 tbs **oil** in a large frypan over medium heat. Cook the **onion** and **garlic** for 3 mins or until soft. Add the **taco spice mix** to taste and cook for 1 min, stirring regularly. Add the **crushed tomatoes** and **corn kernels** and simmer for 3-4 mins.



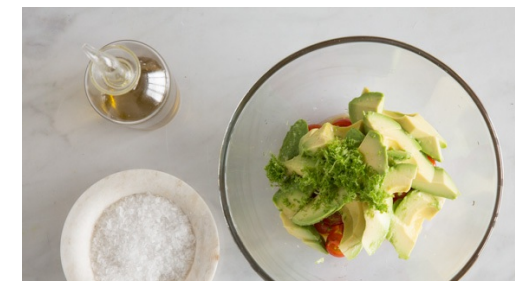
5. Prep tomato and avocado

Meanwhile, halve the **cherry tomatoes**. Dice the **avocado**. Zest and juice half of the **lime**, and cut the remaining half into wedges



3. Add beans

Meanwhile, drain and rinse the **beans**, then add to the pan. Cook for 2 mins. Season with **salt and pepper**.



6. Get ready to serve

Combine the **cherry tomatoes**, 1 tbs **lime juice**, **lime zest**, **avocado** and 1 tbs **oil** and **salt** to make a salsa (see cooking tip). Place the **baked chips** in the centre of the table for everyone to pull off sections of the nachos, then top with **avocado and tomato salsa**. Drizzle over **chipotle sauce** for the parents.