

NACHOS



QUICK

If you have 20 mins – make everything...if you have 15 mins skip the kale and/or the salsa

HEALTHY

Kale contains a lot of Vitamin K, which is a nutrient critical for blood clotting and bone health

FAMILY



Feeds 5

MEALS

These make a delicious lunch or dinner. They contain everything you need for a nutritious meal

INGREDIENTS

- 4 wholemeal tortillas
- 2 tsp smoked paprika
- Drizzle oil
- 200g sweetcorn
- 3 tbs natural yoghurt
- 1x 400g pack Refried beans
- 100g cheese (optional)

Guacamole

- 2 avocados
- 1 tomato
- 1-2 limes
- ½ large red onion

Crispy Kale

- 200g kale
- Pinch sea salt
- Drizzle oil

Tomato Salsa

- 12 cherry tomatoes
- 20 ml vinegar
- ½ red onion
- Lime
- 50g coriander

METHOD

- 1) Put your oven onto 180°C (Fan)
- 2) Put the tortillas onto a large baking tray. Brush with oil then sprinkle over the smoked paprika
- 3) Bake for 10-12 mins. Remove from the oven and cut into triangles before they crisp up too much
- 4) Put the kale in a single layer on a large baking tray. Drizzle with oil and a generous pinch of salt. Cook for 8 mins – then mix and return to the oven till crispy – check every 2 minutes. Remove when crispy
- 5) Make guacamole by mashing avocado, adding chopped tomatoes, diced onion, lime juice and salt and pepper
- 6) Make tomato salsa by quartering the cherry tomatoes, finely dice the onion, add vinegar, lime juice and chopped coriander. Mix
- 7) Heat up refried beans
- 8) Put everything in separate bowls on the table (sweetcorn, kale, cheese, tortillas, guacamole, salsa, yoghurt) and everyone can make their own nachos in whatever order they like. Or you make them up on one large platter
- 9) My kids like to melt the cheese before they put on the cold toppings



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com

