



Vegetarian Chilli With Homemade Nachos

Who knew making your own nachos from scratch was this easy? These nachos are a major makeover compared with the shop-bought versions which are deep-fried. Simply brush a tortilla wrap with a drop of oil, cut into triangles, and bake in the oven. You won't even notice the meat is missing in this chilli thanks to the red lentils!

Ingredients

- Red Onion
- Carrot
- Tinned Tomatoes
- Spice Mix
- Red Lentils
- Tortillas
- Kidney Beans
- Cheese
- Vegetable Stock Cube
- Natural Yoghurt

Your Pantry

- Olive Oil

Nutritional Info

Calories: 490 kcal
 Carbohydrates: 70.5 g
 Protein: 22.6 g
 Fat: 11.5g

Allergens

Dairy (Cheese, Yoghurt)

Wheat (Tortillas)


Celery (Stock Cubes - may also contain traces of Egg, Soya & Mustard)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Preheat The Oven To 180°C & Boil The Kettle

2) Prepare the vegetables

Peel and finely chop the onion. Peel and thinly slice the carrot. Drain and rinse the kidney beans in a sieve.

Dilute each stock cube in 500ml of boiling water. Portion out 125ml of this stock *per person* for step 4 (keep the rest aside in case you need it later).

3) Saute the vegetables

Add a teaspoon of oil to a saucepan and place on medium heat. Add the onion and saute until softened (approx 3 minutes). Next, add the carrot and saute for a further 2 minutes.

4) Make the chilli

Add the spice mix and a pinch of salt to the pan with the vegetables and saute for 30 seconds before adding the tomatoes, lentils, kidney beans, and stock. Bring to the boil and then turn down to a simmer. Leave to cook, uncovered for 15-20 minutes or until the lentils are tender.

While the chilli is cooking, make the tortilla chips

5) Bake the tortilla chips

Lay the tortillas flat and pour ¼ teaspoon of oil on each. Using your hand, rub the oil over the tortilla wrap on each side and season well with salt and pepper to taste.

Cut each tortilla into triangles and arrange them on a baking sheet in a single layer (no overlapping or they won't crisp!). Place in the oven for 8-10 mins or until they look golden and browning along the edges.

Note: You may require two trays or two batches.

6) Serve up!

Serve the chilli into deep bowls and arrange the tortilla chips around the edge. Top with cheese and natural yoghurt.



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