

TASTE WITHOUT WASTE

Vegetarian Nachos

Serves 3-4

Ingredients

1 tbsp sunflower oil
1 onion, finely chopped
½ tsp paprika
½ tsp ground cumin
½ tsp ground coriander
1 tsp garlic powder
¼ tsp cayenne pepper
1 small (125g) zucchini, chopped into 1cm dice
65g button mushrooms, chopped into 1cm dice
100g red capsicum, chopped into 1cm dice
125g can corn kernels, drained
400g can kidney beans, drained & rinsed
375g jar mild or medium salsa
40g baby spinach leaves
80g grated cheddar cheese (I used light)
Bag plain corn chips
Sour cream, avocado & sweet chilli sauce to serve

Method

Preheat the oven to 190C. Line a large baking tray with baking paper. Set a medium sized saucepan over medium heat and add the oil. When shimmering, add the onion and cook for approximately 7 minutes or until softened and translucent. Add the paprika, cumin, coriander, garlic and cayenne pepper and cook, stirring, for one minute. Now toss in the zucchini, mushrooms, capsicum, corn, kidney beans and salsa. Bring to the boil, then reduce to a simmer and cover. Cook for 20 minutes, stirring occasionally, until the vegetables are just tender. Add the baby spinach leaves and cook for a further 2 minutes or until just wilted.

Scatter the corn chips over the prepared baking sheet and top with the vegetable/bean mixture. Sprinkle with cheese and bake for 15-20 minutes or until the cheese has melted.

Serve with sour cream, avocado and sweet chilli sauce. Best eaten immediately.

Source: *A tastewithoutwaste original.*

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