

Veggie nachos

Don't Juan to make something complex? Do this instead - it's excellent. The fastest nachos to prepare (and they are vegetarian too!).



- Serves : **4**
- Prep : **5 min**
- Cook : **12 min**

- Vegetarian
- Gluten free

Ingredients

- 1 x bag plain toasted corn chips or tortilla strips
- 1 x 400g tin red kidney beans, drained and rinsed
- 1 x 400g tin diced tomatoes (or 1x punnet cherry tomatoes halved, or 3 tomatoes diced)
- ½ cup low fat cheese, shredded
- ¼ cup sliced jalapeños (you can buy these jarred from a large supermarket or delicatessen)
- For the guacamole:
 - 1 avocado
 - Juice of half a lemon
 - Sprinkle of chilli flakes
 - 1 shallot, finely chopped
 - Salt and pepper

Method

1. Preheat oven to 200°C. Place corn chips into a large baking dish and top with kidney beans and tomatoes. Sprinkle over the jalapenos - don't worry, they lose their heat as they cook.
2. Cover with the shredded cheese and place into the oven to cook for approximately 12 minutes, until heated through and slightly golden on top.
3. Meanwhile to make the guacamole, spoon the avocado flesh into a small bowl and mash with a fork. Add lemon juice, chilli flakes, shallot and a sprinkle of salt and pepper and mix to combine.
4. Divide the nachos between 4 plates and top each with tablespoons of the guacamole. Serve and enjoy!