

## **Healthy Mexican Nachos with Sour Cream & Cheddar**

Like Robert Downey Jr and Charlie Sheen, there are certain controversial dishes. But just as those two have dusted themselves off to reach new career heights, some badly behaved recipes can be saved. Nachos have been getting a bad rap for years thanks to junky pub menus, but we've revamped the dish into a nutrition powerhouse.



Prep: 15 mins Cook: 20 mins **Total:** 35 mins



level 1









Warm Water







Mild Mexican





Beef Mince





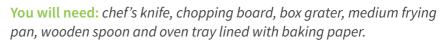






QTY	Ingredients		<ul><li>Ingredient features in another recipe</li><li>Pantry Items</li></ul>		
1 tbs	olive oil *				
1	red onion, finely sliced	*			
½ sachet	mild Mexican seasoning (recommended amount)	·			
1 packet	beef mince		Pre-preparation		
1 sachet	tomato paste				
1⁄4 cup	warm water *		Nutrition per serve		
3	wholemeal Lebanese breads	Ene	0)	2670	,
2	tomatoes, diced		tein , total		g
1 block	Cheddar cheese, grated	,	aturated		g
1 tub	sour cream	Car	bohydrate		g
1 bunch	coriander, leaves picked	-SI	ugars	9.9	g
1	lime, sliced into wedges	Sod	lium	697	m





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- 1 Preheat the oven to 200°C/180°C fan-forced.
- Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the red onion and mild Mexican seasoning and cook, stirring, for 4-5 minutes, or until soft. Add the beef mince and cook, breaking up with a wooden spoon, for 4-5 minutes, or until browned. Add the remaining Mexican seasoning if your family likes the flavour. Stir through the tomato paste and warm water. Simmer, stirring occasionally, for 7-8 minutes until the water has reduced and the sauce has thickened.
- 3 While the mince is simmering, brush the **wholemeal Lebanese breads** with a little olive oil (or use a spray oil) and then cut into triangles. Place the triangles on the prepared oven tray. (Note: you may need to two trays for this.) Cook for **7 minutes** in the oven, or until golden (watch they don't burn!).
- 4 To serve, divide the cooked chips between bowls. Top with the Mexican mince, fresh tomato, grated Cheddar cheese and a dollop of sour cream. Garnish with the fresh coriander and lime wedges.





Enjoy!



Did you know? Nachos were invented in northern Mexico by Ignacio "Nacho" Anaya in 1943.