

vegetable & beef nachos



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Preparation 20 mins | Cooking 40 mins | Serves 4

1 tbs olive oil
1 small red onion, finely chopped
500g lean beef mince
1 carrot, grated
1 stick celery, finely chopped
½ small red capsicum, deseeded and finely diced
375g jar thick & chunky salsa sauce
230g pkt natural corn chips
1 cup reduced fat grated tasty cheese

To serve:

1 ripe avocado, flesh mashed with 1 tbs lime juice
125g grape or cherry tomatoes, diced
½ cup reduced fat sour cream

STEP 1 Heat oil in a non-stick frying pan over medium heat. Add onion and cook, stirring often, for 3-4 minutes until softened. Stir in mince. Cook, breaking up mince with a wooden spoon, for 5 minutes or until evenly browned. Add carrot, celery and capsicum and cook for 3 minutes.

STEP 2 Stir in salsa sauce. Cover and bring to the boil, stirring often, over medium heat. Reduce heat and simmer for 10 minutes until slightly thickened.

STEP 3 Preheat oven to 200°C/180°C fan-forced. Arrange corn chips and beef mixture in a large non-stick baking dish. Sprinkle with cheese. Bake for 12-15 minutes until cheese melts. Serve with mashed avocado, tomatoes and sour cream.

Good for you... AVOCADOS

Avocados are one of the few fruits that contain some fat, but it's 'good' fat that is essential for health. Top of the fruit and vegetable class for vitamin E, a vitamin needed for healthy red blood cells. A good source of vitamin C, that helps keep gums and teeth healthy.

