



# VEGETARIAN NACHOS

WITH HOMEMADE TORTILLA CHIPS

**DIFFICULTY:** Easy | **SERVES:** 4 | **READY IN:** 30 minutes

Up your nacho game with these flavoursome vegetarian nachos. Load up with all the tasty toppings and serve with easy homemade tortilla chips.



## CHIPS

- 6 wholegrain tortillas (240g / 8.5oz)
- 1 1/2 Tbsp olive oil
- 1/2 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp black pepper

## NACHO MIXTURE

- 300g portobello mushrooms (10.6oz)
- 1 large red capsicum
- 1 large red onion
- 2 cloves garlic
- 2 tsp olive oil
- 3 Tbsp tomato paste
- 1 tsp dried oregano
- 1 tsp ground cumin
- 1/2 tsp smoked paprika

- 420g can mild chilli beans (14.8oz)
- 1 tsp vegetable stock powder
- 1/2 cup boiling water (125ml)

## TO SERVE

- 1/2 cup plain, unsweetened yoghurt (125ml)
- 1/2 cup lite sour cream (125ml)
- 1 large avocado
- 1 large tomato
- 1 cup grated cheddar cheese (100g)
- 40g rocket (1.4oz)
- Coriander (*optional*)

1. Preheat oven to 180°C (360°F) bake and line two oven trays with baking paper.
2. **MAKE CHIPS**  
Brush both sides of each tortilla with olive oil. Stack on top of each other and cut into 10 wedges, like a pizza. Arrange in a single layer on the prepared baking trays. Combine paprika, salt and pepper in a small bowl and sprinkle all over the chips. Bake for 6 minutes, then swap the positions of the trays and bake for a further 6 minutes, until browned and crisp.
3. **COOK NACHO MIXTURE**  
Gently wipe the mushrooms clean with a paper towel. Dice mushrooms, capsicum and onion. Crush garlic.
4. Heat olive oil in a large frying pan over a medium heat. Add mushrooms, capsicum, onion and garlic and cook, stirring, for 5 minutes, until softened. Stir in tomato paste, oregano, cumin, paprika and chilli beans. Dissolve vegetable stock in boiling water and add to the pan. Simmer for 10 minutes, until sauce has thickened.
5. **PREPARE TOPPINGS**  
Stir together yoghurt and sour cream. Mash avocado. Dice tomato.
6. **SERVE**  
Top nacho mixture with sour cream sauce, avocado, tomato, cheese, rocket and coriander, if using. Serve with chips.



**WINE MATCH:** A Sauvignon Blanc.

## **VEGETARIAN NACHOS RECIPE NOTES**

**GLUTEN-FREE OPTION:** Use gluten-free tortillas. Choose gluten-free chilli beans and gluten-free vegetable stock powder.

**INGREDIENT SWAPS:** You could use button mushrooms instead of portobello mushrooms. You can use any colour capsicum, and red onion can be replaced with brown onion.

**STORING AND REHEATING:** Store chips in an airtight container. Store nacho mixture and toppings separately in the fridge. Reheat nacho mixture in the microwave or on the stove.