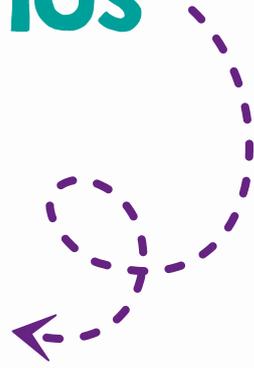


Nachos



Classification:

Everyday

Serves:

25

Prep. Time:

12-15 min

Cooking Time:

20 min

Ingredients:

- 1kg lean beef mince
- 750g 4 bean mix
- 1 brown onion
- 5 slices Lebanese bread
- Mixed lettuce (as required)
- 5 tomatoes, diced
- 2 ½ cup cheese, grated
- 3 tsp paprika
- 3 tsp cumin
- Canola oil spray
- Sour cream or yoghurt to top

Method:

1. Preheat oven to 160°C.
2. Cut or tear Lebanese bread into triangles. Each piece makes approximately 20-30 triangles. Place on a tray and bake until crisp (about 5 minutes).
3. Lightly spray frying pan with canola oil and fry chopped onion until golden brown.
4. Add mince and cook until brown. Add bean mix and stir in spices.
5. Place the cooked bread pieces into single containers, top with meat sauce. Add a sprinkle of cheese. Keep warm in pie warmers until serving. When serving, top with diced tomato and lettuce.

Equipment:

- Knife
- Tray
- Frying pan
- Mixing spoon
- Containers

Tips and Variations:

- Use plain yoghurt on top instead of sour cream.
- Substitute tortillas for rice.
- Batch cook meat/bean filling and store in the freezer. Heat when ready to serve.
- Choose reduced-fat varieties of cheese, sour cream and yoghurt.