

Loaded Nachos

Serves: 6

Prep time: 15 minutes

Cook time: 20 - 25 minutes



2 serves per portion

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 small zucchini, grated (squeeze out excess moisture)
- 1 small carrot, grated
- 400g can tomatoes, chopped
- ½ bag corn chips, reduced salt
- 250g BBQ chicken, shredded
- ½ cup cheese, mozzarella/cheddar, reduced fat, grated

Salsa:

- 1 medium tomato, diced
- ½ medium red onion, finely diced
- 1 medium red capsicum, finely diced
- ½ avocado, diced
- 1 lime, juiced

Method

- PREHEAT oven to 180°C. Line a baking dish with baking paper.
- HEAT a frying pan over medium heat and add olive oil. Sauté the zucchini, carrot, and tomatoes for a few minutes.
- LAYER corn chips, chicken, sautéed vegetables and cheese in the baking dish.
- BAKE the nachos for a few minutes or until the cheese has melted.
- MIX the salsa ingredients in a small bowl.
- SERVE nachos with salsa.



Everyday Food

Recipe courtesy of the Country Kitchens team