

Nacho Bowls

INGREDIENTS

6 x 20cm wholemeal flour tortillas

extra virgin olive oil, for brushing

¾ cup (90g) grated cheddar

1 avocado, peeled and chopped

nacho filling

1 tablespoon extra virgin olive oil

1 onion, peeled and finely chopped

½ cup (80g) finely grated zucchini (courgette) (about 1 zucchini)

1 cup (140g) grated pumpkin or carrot

1 teaspoon ground cumin (a very nice spice)

1 teaspoon ground coriander (this one too!)

½ teaspoon smoked paprika

1 x 400g can chopped tomatoes

¾ cup (180ml) tomato puree (passata)

1 x 400g can black beans or red kidney beans, rinsed and drained

1–2 teaspoons maple syrup

sea salt and cracked black pepper, to taste

METHOD

Preheat oven to 180°C (350°F).

Arrange 4 tall ramekins or ovenproof mugs upside-down on a baking tray. Using a pastry brush, brush 4 of the tortillas with oil and place them, oil-side down, over the ramekins. Set aside.

Line a baking tray with non-stick baking paper. Brush the remaining 2 tortillas with oil and place them flat, with the oil-side up, on the prepared tray.

Bake all of the tortillas for 8 minutes or until they're nice and brown. Wearing oven gloves, carefully remove the trays from the oven and allow to cool (the tortillas will turn crispy as they cool).

To make the nacho filling, place the oil in a large non-stick frying pan over medium heat. Add the onion, zucchini and pumpkin and cook, stirring with a wooden spoon, for 8 minutes or until the onion is brown and super soft.

Add the cumin, coriander and paprika and cook, stirring, for 2 minutes (you'll begin to smell the fragrant spices in the air).

Add the tomatoes, puree and beans and cook, stirring, for another 5–6 minutes or until thick. Add the maple, salt and pepper and stir to combine.

8Take the tortillas from the ramekins and flip them over to make nacho bowls. Spoon the nacho filling into the bowls and top with the cheese and avocado (plus a squeeze of lime, if you like). Break pieces of your bowl and scoop up the filling. Slice or break the flat tortillas into extra crispy dipping chips. Serves 4