FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Fully Loaded Nachos

Serves	Prep Time	Cooking	Total Time	Calories
4 people				**530 kcal**

Stuff that's in it:

- 1 Tbsp Extra Virgin Olive Oil
- 1 Onion , Chopped
- 1 Red Pepper (Chopped)
- 2 Garlic Clove (Chopped)
- 1 Heaped Tsp Sweet Paprika
- 1/2 Tsp Ground Cumin
- 1 Tsp Ground Coriander
- 1 Tsp Oregano
- 1 Tsp Mild Chilli Powder
- 1 Tsp Salt
- 500G 5% Minced Beef
- 1 Tbsp Tomato Puree
- 1 Can Chopped Tomatoes
- 150G Plain Tortilla Chips
- 40G Mozzarela (Grated)
- 40G Mature Cheddar (Grated)
- 5 Cherry Tomatoes (Chopped)

• 1 Tbsp Fresh Parsley (Chopped)

• 1/2 Red Onion (Finely Chopped)

• 30Ml Sour Cream

• 1/2 Avocado (Chopped)

• 1/2 Chilli (Finely Chopped)

• NACHO SAUCE (Serves 6)

• 25G Butter

• 25G Plain Flour

• 300Ml Skimmed Milk

• 1Tsp Mild Chilli Powder

• 1Tsp Hot Sauce (Franks Buffalo)

• 100G Red Leicester Cheese (Grated)

What you do:

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Heat a large fry pan and add the oil. Add the onions and gently soften until translucent. Add the garlic and red peppers and fry for a minute then add the cumin, oregano, salt, chilli and coriander. Add the mince beef, cook all over until brown.add the puree , mix , then add the chopped tomatoes and bring to a bubble, simmer on. Low light for 101 15 minutes until thick and bubbling. while the beef mice is finishing , heat a small saucepan, add the butter, melt, then add the flour and use a whisk to smooth to a paste before adding the warm lid gradually , whisk at the same time and continue until it thickens, add the cheese , hot sauce and chilli powder and mix well, allow the cheese to fully melt and whisk up until its all creamy, set to one side

Gently place your tortilla chips into your air fryer , 170c, air fry setting for 5 minutes , careful not to overload the baskets, you can also use your oven to do this or use cold

Put everything together

Add the mozzarella and cheddar cheese all over the mince before pan and place a lid so it melts

Place the warm tortilla chips onto a plate

Top with mince and cheese , add the chopped red onion, tomatoes and avocado , then add the soured cream and finally drizzle the nacho sauce all over

Nutrition

• Carbs: 37g

• Fat: 27g

• Protein: 37g

• Fibre: 4g

• Saturated Fat: 8g

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