



FRIDGE CLEAN OUT NACHOS



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Prep Time



Cooking Time



Serves

A recipe by OzHarvest

NEED

1 onion diced

2 cups veggies (we've
used mushrooms
and zucchini)

1 packet of corn chips

1 fresh tomato, diced

2 cloves garlic, minced

½ can of lentils or beans

1 can of diced tomatoes

1 tsp smoked paprika

1 tsp ground cumin

1/2 tsp ground coriander

1/4 tsp of chilli flakes

1 cup sour cream

or yoghurt to
serve (optional)

3 sprigs of
coriander (optional)

1 avocado to
serve (optional)

1 tbsp any oil

This dish is the perfect way to use up any vegetables you might have lying around, or any half used cans of lentils and beans. A sure hit with kids and adults!

HOW

1. Finely dice mushroom, onion, tomato, coriander, and grate zucchini.
2. Heat a frying pan over medium heat and add a splash of oil.
3. Sauté onion until translucent, then increase heat to high adding mushroom and zucchini to the pan.
4. Once veg starts to soften, add minced garlic and spices. Stir until fragrant and then add canned tomato, lentils, and simmer for 10 minutes or until it starts to thicken.
5. To create the salsa, combine fresh tomato, coriander and a squeeze of lemon or lime.
6. To assemble, place corn chips on serving plate and top with mushroom mix. Garnish with tomato salsa and serve with sour cream and avocado if you have any.



**SAVE FOOD.
SAVE MONEY.
SAVE THE PLANET.**