

There's no beef in these nachos?

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There's no beef in these nachos?

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Nachos are a great (and quick) blokey food that makes for a good dinner as well as a hearty snack when watching tele or catching up with mates for a drink. This version skips the beef for a vegieful and protein-rich alternative of beans and lentils. They'll be none the wiser.

Ingredients

- 2 tbsp olive oil
- 1 small fennel bulb, fronds removed, bulb diced
- 3 stalks celery, diced
- 1 large carrot, peeled and diced
- 1 red capsicum, cored and diced
- ¼ tsp sea salt flakes
- ¼ tsp cayenne pepper
- 2 tsp ground cumin
- 1 tsp ground coriander seeds
- 1 tbsp garlic powder
- 1 (425 g) can Four Bean Mix, drained
- 1 (425 g) can puy (French) lentils, drained
- 2 tbsp tomato paste
- 1 cup water
- 170 g packet plain corn chips

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- 100 g grated cheddar cheese

To serve

- ½ cup natural Greek-style yoghurt, optional
- 1 avocado, mashed
- 1 small cos lettuce, shredded
- 6 cherry tomatoes, quartered
- 1 small bunch coriander, chopped finely

Method

Heat olive oil in a large saucepan set over medium-high heat. Add fennel and cook, stirring for 2 minutes. Add celery, carrot and capsicum, season with salt and cook, stirring occasionally, for 5 to 8 minutes or until the vegetables are beginning to caramelise and soften. Stir through the cayenne pepper, cumin, ground coriander seeds and garlic powder. Add beans and lentils, tomato paste and water. Mix everything thoroughly, bring to the boil then lower the heat to a simmer and cook for a further 10 minutes to allow the flavours to mingle. Using a stick blender, blend the mixture roughly to make a thick but still chunky sauce. Turn off the heat.

Preheat oven grill to medium-high. Spread corn chips on a baking sheet lined with baking paper. Sprinkle with grated cheese. Grill for 2 minutes or until the cheese has melted and chips are starting to turn golden around the edges. Remove from the oven and place on a large platter or divide between 4 serving plates. Top the corn chips with the vegetable mixture, yoghurt, mashed avocado, shredded lettuce, diced tomato and coriander.

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