

# Dinner

## RECIPE CARD

### Chilli Cheese Nachos (Serves 3)

RECIPE NAME

Dinner

MEAL TIME

5 minutes

PREP TIME

40 minutes

TIME TO COOK

A perfect way to pack  
vegetables into a  
delicious hearty meal!

NOTES

489 kcal  
per serving

CALORIES

## INGREDIENTS

### For the Chilli

- ★ 1 large Onion, finely chopped
- ★ 400g extra lean beef mince
- ★ 1 Beef Oxo cube dissolved in 150ml of boiling water
- ★ 1 can red kidney beans in chilli sauce 400g
- ★ 1 can chopped tomatoes 400g
- ★ 3 sticks celery, diced
- ★ 1 pack ready diced Carrot and Swede about 500g
- ★ 1 tsp Chilli Powder
- ★ 1 tsp Lazy Garlic
- ★ 1 tsp Lazy Chilli, more or less to taste

### For the Wedges

- ★ 2 baking Potatoes
- ★ Low-Calorie Cooking Spray
- ★ Seasoning of your choice chip seasoning, paprika or salt and pepper etc

### For the Cheesy Topping

- ★ 75 g Light Spreadable Cheese
- ★ 20 g low-fat Cheddar

## METHOD

### FOR THE WEDGES



Cut the potatoes into wedges and microwave on high for 3 minutes. Remove, shake and return to for another 2 or 3 minutes



Tip the wedges onto a baking tray sprayed with low-calorie cooking spray. Spray the wedges also and sprinkle over a seasoning of your choice. Cook in the oven at 200 degrees C for approx. 25 mins, shaking several times throughout.

### FOR THE CHILLI



Spray a large frying pan with low-calorie cooking spray, sauté the onions, carrots, swede and celery until they start to soften. Add the mince, garlic, chilli and chilli powder, fry until the mince is browned. Stir in the kidney beans, chopped tomatoes and stock. Cover and bring to the boil.



Turn down the heat and simmer for 20-30 minutes. Thicken with ½ tsp of cornflour if required or remove the lid and simmer for a few more minutes until it thickens if necessary.



Pour the chilli into an ovenproof dish, arrange the wedges around the dish. Lay the light spreadable cheese over the top, and if you'd like, you can add a sprinkle of cheddar too. Return the dish to the oven for 5 - 10 mins until the cheese is melted and golden brown.



Serve with a green salad or fresh spinach leaves