

Baked Nacho Pots

Serves 4

- 4 individual 1 cup baking pots
- 2 x wholemeal pita breads
- 1 x can kidney beans, rinsed, roughly mashed
- ½ onion, diced
- 2 cloves garlic, crushed
- ½ green capsicum, diced
- ½ red capsicum, diced
- 1 small jar Mexican salsa
- 1 tablespoon paprika
- 1 teaspoon chili flakes (or to your liking)
- 2 tomatoes, diced
- 4 tablespoons grated tasty cheese
- 2 corn cobs
- 4 large handfuls of spinach leaves
- 1 avocado
- 1 lime, zest and juice
- 4 heaped tablespoons thick natural yoghurt



Heat the oven to 180°C. Cut the pita breads into triangles the size of chips. Drizzle over some oil, salt and pepper and bake in the oven until crispy – approximately 15-20minutes.

Meanwhile, spray a large fry pan with extra virgin olive oil and cook the onion on medium heat. Add the garlic and continue to cook until fragrant. Add the kidney beans, green capsicum, red capsicum, salsa, paprika and chili flakes and cook until the vegetables are tender and beans are heated through. In each pot place ½ cup bean mixture, ¼ of the chopped tomatoes, and sprinkle over some cheddar cheese. Bake in the oven for 15minutes or until the cheese melts.

Heat a griddle pan and grill the corn until tender and slightly charred. At the end put the spinach in until just wilted. Cut the corn kernels off each cob. Mash the avocados with the juice and zest of the lime plus some salt and pepper to make a guacamole

Once the cheese has melted in the pots, remove and top with ¼ of the guacamole and top with yoghurt. Serve each pot with pita chips, wilted spinach and corn.