

Lentil Nachos

Servings: 5

Prep Time: 15min

Cook Time: 18min



Ingredients

- 15 ml Canola oil
- 1 medium onion, chopped
- 2 large cloves garlic, finely chopped
- 2 cans Lentils, un-drained
- ½ chicken stock cube crumbled into 250 ml hot water
- ½ can Diced Tomatoes
- 10 ml ground cumin
- 250 g bag original flavour, corn nachos crisps
- ¼ jar sliced jalapenos to taste
- Guacamole
- 150 ml tub fat-free plain smooth yoghurt

Directions

1. In a pot over medium high heat, combine the oil, onion and garlic and sauté for 3-5 minutes. Add in the cumin, stirring over medium heat for a scant minute.
2. Stir in the un-drained lentils, stock, tomatoes and pepper to taste. Bring to a boil, reduce heat to medium-low, and simmer steadily uncovered, for ± 20 minutes, stirring regularly to prevent it sticking to the base of the pot as the liquid reduces.
3. Combine the guacamole ingredients, cover and chill.
4. Set oven to Grill with oven-shelf one above centre position.
5. Set out a single but compact layer of nachos on an ovenproof serving platter and spoon over the cooked chilli-lentils and jalapeno slices, in a neat and even way.
6. Sprinkle over the grated cheese and place under the grill briefly until the cheese is melted. Watch this process as it is very quick and will need you to remove it promptly.
7. Serve the platter with the bowl in the centre, first half-filled with guacamole, then topped to cover with the yoghurt. Provide small cocktail knives or spoons to help ladle on each nacho on eating.