

Family friendly



Chilli beef nachos

Serves 1

1½ tsp olive oil

½ onion, peeled and finely chopped

1 clove garlic, peeled and crushed

95g lean beef mince (5% fat)

2 tsp tomato puree

½ tsp ground cumin

½ tsp chilli powder or paprika

½ tsp ground cinnamon

100g tinned chopped tomatoes

50g corn tortillas

20g mature cheddar, grated

1 red chilli, sliced

25ml reduced-fat soured cream

Small bunch of coriander, chopped

Method

Preheat the oven to 180°C. Heat the oil in a saucepan, add the onion and garlic and fry for 4–5 minutes until soft. Increase the heat, add the beef and fry until browned. Add the tomato puree and spices, fry for a minute then pour in the chopped tomatoes and a splash of water. Bring to a simmer then cook gently for 30 minutes.

Meanwhile, cut the tortillas into triangles, arrange on a baking tray in a single layer then bake for 10 minutes until crisp.

Layer the tortilla crisps with the beef chilli in a serving bowl then top with the cheese, red chilli, soured cream and coriander.

Tip

The beef chilli part of this recipe is great for batch cooking. The best way to freeze this dish is to leave it to cool completely then spoon portions into individual freezer bags. Lay on a tray and freeze flat.