



BLACKMORES®

gluten free, vegetarian
Serves 4 as a meal or 6 as a snack

Fully loaded nachos

Re-fuel your little Well Beings and support them when they're on-the-go with these tasty, nutrition-packed nachos.

Ingredients

- 1 large sweet potato, peeled or washed and roughly cut into 1cm cubes
- 1 red capsicum, chopped into 1cm squares
- 1 tbsp olive oil
- Salt and pepper
- 1 red onion, finely diced
- 1 can of your child's favourite beans, drained and rinsed
- 4 cups baby spinach
- A handful of coriander
- 1 jar all-natural mild tomato salsa
- 1 tbsp mild chipotle sauce
- 4 handfuls of corn chips
- Salt and pepper, to taste
- 1 cup grated mozzarella
- 1/2 cup soft goat's feta, crumbled
- Avocado, lime and coriander to serve

Made with a generous serving of veggies and beans these nachos are a source of calcium, folate, vitamin A, vitamin C, protein and complex carbohydrates.



Recipe by Roberta Nelson

Follow Roberta on Instagram [@naturomedico](https://www.instagram.com/naturomedico)

for more healthy eating inspiration!

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How to make

1. Heat your oven to 180°C and line a baking tray with baking paper. Toss the sweet potato and capsicum in the olive oil and salt, spread them out on the baking tray and put them in the oven to roast for 30 minutes.
2. While the vegetables are roasting place the finely diced red onion, beans, baby spinach, coriander, salsa and chipotle sauce (if using) into a large mixing bowl and toss everything together.

Once roasted, add the sweet potato and capsicum as well as the corn chips and half the mozzarella and toss everything together once more until everything is well combined. Transfer the nachos to one large baking dish or divide it amongst four to six bowls (dependent on how many you are serving),

Spread the rest of the mozzarella cheese as well as the feta over the top of the nachos and place them back into the heated oven to cook for another 20 minutes, until the cheese is melted and the top layer is going crispy.

3. Once ready, remove the nachos from the oven, top with extra fresh coriander leaves as well as slices of avocado and a squeeze of lime. Finish off with a touch of salt and pepper and enjoy immediately.

Make these nachos for a main meal or serve them up to hungry ones after school or daycare. The batch can easily be doubled and stored in the fridge for up to 3 days after baking to be reheated for more meals down the track.

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