



Baked Tortilla Nachos and Homemade Salsa

Prep time 15 minutes

Cooking time 8-12 minutes

Serves 4

Baked tortilla nachos are a great alternative to store bought nachos, offering lower oil and salt content but still gives the crunchy factor which kids love. The fresh salsa is a simple but healthy and low-fat flavoursome accompaniment.

Nachos

1 pack of Tortillas (8)

½ tsp Olive Oil

Salsa

250g tomatoes

1 small onion

3 mild chillies

Handful of coriander

Pinch of salt and black pepper

1 large clove of garlic

1-2 limes

Extra virgin olive oil



Method - Nachos:

1. Pre heat the oven to 180°C and line two baking trays with baking paper.
2. Brush the first tortilla lightly with oil making sure to cover the entire tortilla.
3. Then place another tortilla on top of the oiled tortilla and brush this with oil. Repeat this process for all the tortillas in the packet.
4. Using a sharp knife, cut the tortilla stack in half. Then cut each half again and then again to produce eight triangle stacks. (see in the images below).
5. Place the triangles on the baking tray trying not to overlap any.
6. Bake for 8-12 minutes until the nachos are golden.



7. Allow to cool on the tray before serving.

Method - Salsa:

1. Finely chop the tomatoes and coriander and place into a large bowl.
2. Peel and finely chop the onion and add to the bowl.

3. Deseed and finely chop the chillies. Peel and finely grate in the garlic adding these to the bowl also.
4. Squeeze in the juice from 1 lime, add 2 tablespoons of extra virgin olive oil, and mix well. Season to taste with sea salt, black pepper and more lime juice, if needed.
5. Serve straightaway or cover and set aside for a few hours to let all those flavours develop.