

Chicken Nachos

Nachos are a Tex-Mex dish from northern Mexico, made up of tortilla chips covered with cheese, salsa and guacamole. These nachos can be made and cooked immediately or ingredients can be prepared in advance to eat later. They're great for a light lunch, starter, or nibbles at a party or summer BBQ.



Milk, sulphites, wheat (gluten)*

Nutritional information per portion (193g):

Energy 1253kJ 297kcal 15%	Fat 8.2g 12%	Saturates 2.9g 14%	Sugars 5.2g 6%	Salt 0.93g 16%
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of an adult's reference intake.
Typical values per 100g: energy 649kJ/154kcal.

Equipment

Scales
Large mixing bowl
Sieve
Measuring jug
Mixing spoon
Table knife
Baking tray
Fish slice
Oven gloves
Chopping board
Sharp knife
Juice squeezer (to make the guacamole)
Measuring spoons
Small bowl
Tablespoon
Fork
2 x small serving dishes
Grater
Large oven-proof dish

Ingredients

Serves 4
For the nachos
150g self-raising flour
¼ x 5ml spoon black pepper
150g low-fat natural yoghurt
Extra flour for rolling out
For the topping
1 portion of Let's Get Cooking Mexican Tomato Salsa (page 12)
1 portion of Let's Get Cooking Guacamole (page 13)
4 spring onions
50g reduced-fat mature cheese
200g cooked chicken (roughly 2 small children breasts)
1 x 15ml sliced green jalapenos
1 x 15ml spoon chopped fresh coriander

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Instead of chopping your coriander with a knife, put it into a cup and chop using a pair of scissors.

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Method

For the nachos

1. Preheat the oven to 160°C/140°C for fan ovens or gas mark 4.
2. Sift the flour into a large mixing bowl, then add the black pepper.
3. Add the yoghurt and stir until mixed.
4. Tip onto a clean, floured surface and knead gently until smooth.
5. Divide the dough into four.
6. Lightly dust the surface with flour and roll out thinly to make a rectangle shape.
7. Using a table knife cut the dough into long strips about 2½ cm thick, then cut across these to make diamond or square shapes.
8. Place on a baking tray and bake for about 10 minutes until golden brown. Pour into a large oven proof serving dish to cool.
9. Continue process with the three other dough balls.
7. Sprinkle over the cheese and place in the oven or under the grill for around 5–10 minutes or until the cheese has melted.
8. Remove from oven.
9. Taking your table spoon, spoon the guacamole and the salsa evenly over the nachos.
10. Sprinkle over the washed and chopped coriander and enjoy straight away.

For the topping

1. Prepare one portion of Let's Get Cooking Guacamole.
2. Prepare one portion of Let's Get Cooking Mexican Tomato Salsa.
3. Wash and remove the dry outer skin from the spring onions and place on a clean, dry chopping board. Using a sharp vegetable knife (or scissors), chop the spring onions into small pieces and set aside.
4. Chop up your cooked chicken into small strips and set aside.
5. Spread the nacho pieces evenly across the bottom of a large oven-proof dish.
6. Sprinkle the cooked chicken and jalapeno peppers over the nachos.

Something to try next time

- Replace the cooked chicken with either cooked shredded beef or pork, beef or vegetarian chilli, Quorn™ or grilled halloumi cheese.
- Use fresh peppers or chillies as an alternative to the jarred jalapenos and add extra vegetables such as red onions and sliced mushrooms.

Prepare now, eat later

- The guacamole and salsa can be made in advance, placed in a sealed container and frozen, or kept in a fridge for up to 48 hours.

Get more from your food

- This is a great recipe for using up leftover cooked chicken.
- Any leftover chopped coriander can be put into a small zip-lock bag and frozen to be used again.

Skills used include:

Weighing, measuring, chopping, grating, mixing, baking, grilling and washing.