



NACHOS

<i>Ingredients</i>	<i>Equipment</i>
½ Pkt Plain Corn Chips	Oven Proof Dish
½ an Avocado	2 Mixing Bowls
1 Tomato Skin Removed	Cup Measures
100 grams Tasty Cheese/ Omit	Chopping Boards
Small Tub Sour Cream/ Omit	Chef's Knives
1 Spring Onion	Juicer
Juice of ½ Lemon	Spoon Measures
½ Teaspoon Chilli Paste *	Grater
½ Teaspoon Sugar	Fork
Salt & Pepper to taste	

*All spices used are Woolworths brand with no traces of nuts.

*See 'Products used in Kitchen Classroom', on CPS Website.

Products are omitted as required.

What to do

1. Get out all of your equipment
2. Place Corn Chips into oven proof dish
3. Grate Cheese and toss through the corn chips

- 4. Heat the Corn Chips in a moderately hot oven for approximately 10 minutes or until the cheese has melted.**
- 5. Chop Tomato roughly and place in a bowl**
- 6. Add the sugar, chilli paste, salt and pepper into the chopped Tomato and mix well, set aside**
- 7. Juice the ½ Lemon**
- 8. Top and tail the Spring Onion and slice finely**
- 9. Cut the Avocado in half and remove the pip.**
- 10. Scoop out the Avocado flesh and place in another bowl.**
- 11. Add the sliced Spring Onion and Lemon Juice with the Avocado and mash with a fork, set aside.**
- 12. Remove corn chips from oven and place the avocado mixture in the middle of the corn chips.**
- 13. Place the tomato mixture on one side of the corn chips.**
- 14. Place the sour cream on the other side of the corn chips.**
- 15. Enjoy, very yummy!**