



## NACHOS

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

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

### *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. Dice the tomato and place in a bowl with the sugar, chilli paste, salt and pepper, mix well, set aside
6. Juice the  $\frac{1}{2}$  lemon
7. Top and tail the spring onion and slice finely
8. Cut the avocado in half and remove the pip.
9. Scoop out the avocado flesh and place in another bowl.
10. Add the sliced spring onion and lemon juice with the avocado and mash with a fork, set aside.
11. Remove corn chips from oven
12. Place the avocado and tomato mixture and sour cream on top of the corn chips.