



# Mexican chilli bean nachos

Prep: 5 minutes • Cook: 45 minutes • Serves: 8



## Ingredients

1 tablespoon olive oil  
1 red onion, diced  
1 red pepper, diced  
197g tinned sweetcorn  
50g fresh coriander  
3 cloves garlic, crushed  
1 teaspoon ground cumin  
½ teaspoon chilli powder  
2 teaspoons paprika  
400ml passata  
250ml low salt vegetable stock  
200g tinned butter beans  
200g tinned cannellini beans  
6 wholemeal pitta breads (approx. 360g)  
100g low fat mozzarella cheese, grated  
2 green chillies (optional)

## To serve

4 tablespoons sour cream

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Carbohydrate **36g**  
Low protein ✓  
Low salt ✗  
Cost per portion (April 2024) **63p**  
Energy in kcals **244**

- 1** Heat the oven to 180°C / fan 160°C / gas mark 4. Brush the pitta breads with olive oil and crisp up in the oven for 10 to 15 minutes. Fry the diced onion and pepper in a little oil, then drain and add the sweetcorn. Cook for 10 minutes.
- 2** Chop the coriander, reserving the leaves. Add the coriander stalks, garlic and spices, cooking until all the vegetables are soft.
- 3** Stir in the passata, stock and beans. Season lightly with black pepper and bring to a simmer, then cook for 30 minutes until the sauce is reduced and thick. Take the pittas out of the oven and allow to cool. Cut them into triangles.
- 4** Grate the mozzarella then layer in a deep dish, the pitta triangles, bean mixture and sprinkling of cheese. Repeat in even layers until all used. Scatter the top with the last layer of mozzarella.
- 5** Bake for 15 minutes in the oven until the cheese is gooey and melted.
- 6** Sprinkle with the sliced chillies and coriander leaves. Serve with the sour cream.