

Healthier Cauliflower Nachos

Fresh Ideas



Prep
10m

Cook
35m

Serves
4

Difficulty
● ● ● ○

Ingredients

1 large cauliflower, cut into florets

2 tbs extra virgin olive oil

1/4 cup chipotle in adobo sauce

320g mix-a-mato tomatoes, roughly chopped

1 red onion, finely diced

1/4 cup coriander leaves

1 jalapeno, sliced

1 lime, juiced (plus extra wedges to serve)

100g Macro Organic original corn chips

420g no-added-salt black beans, drained

1 1/2 cups light shredded tasty cheese

1 cup light Greek-style yoghurt

1/2 avocado, sliced

Description

The whole family will love this nutritionally approved cauliflower nachos recipe. It's an impressive dish that's easy to make.

Method

Step 1

Preheat oven to 240°C/220°C fan-forced. Line a large baking tray with baking paper. Toss cauliflower with oil and sauce in a bowl. Transfer to tray and bake for 30 minutes or until charred and tender.

Step 2

Meanwhile, combine tomato, onion, coriander, jalapeno and lime juice in a bowl.

Step 3

Remove tray from oven. Preheat grill on high. Add corn chips to cauliflower mixture. Scatter over beans and cheese. Grill for 2 minutes or until cheese has melted and is golden. Top with yoghurt, salsa and avocado, then serve with extra lime wedges. Tip: If you prefer this dish to be less spicy, swap chipotle in adobo sauce for tomato paste and 1 tsp each of smoked paprika and ground cumin.

Nutrition per serving



3250 kJ / 778 Cal

37% of daily energy intake*

Protein
43.8g

Fat
44.5g

Carbs
46.0g

Sugars
15.1g

Quantities above are a guide only. *Percentage daily energy intake is based on an average adult diet of 8700 kJ.