



NACHOS WITH LENTIL CHILLI AND RED CABBAGE SLAW

Season:	All year
From the garden:	Spring onion, red cabbage, coriander, lemon
Type:	Main
Difficulty:	Easy
Country of origin:	Mexico
Serves:	30 tastes
Source:	Andrea Habacht, GTT kitchen specialist, Oropi school

Equipment

- *chopping board and knife
- *measuring cups and spoons
- *can opener
- *saucepan
- *mixing bowl
- *wooden spoon
- *grater

Ingredients

- *1 can lentils
- *1 can tomatoes
- *bunch of spring onion or 1 brown onion
- *2 garlic cloves
- *1 tsp cumin, 1 tsp cinnamon
- *1 tsp paprika powder
- *1 tbsp worcestershire sauce
- *1 tbsp tomato paste
- *1 tsp salt and pepper to taste
- *½ tsp chilli powder
- *1 tbsp vinegar
- *1 tsp cocoa powder
- *2 bay leaves

***small red cabbage**

***bunch of coriander**

***few spring onion or 1/2 red onion**

***1/4 cup lemon or lime juice**

***2 tbsp olive oil**

***1 tsp salt, 1 tsp cumin, 1/2 tsp coriander, 1 tsp sugar**

***nachos, grated cheese and sour cream to serve**

Method

- 1. for the chilli, chop the spring or brown onion and the garlic and fry in a little bit of oil until softened**
- 2. add the spices to the onions and fry for another minute**
- 3. open the cans of lentils and tomatoes, drain the lentils and give them a rinse**
- 4. add the lentils, tomatoes and the rest of the ingredients to the saucepan and let it simmer on a low heat for around 15 min.**
- 5. for the slaw, give the cabbage a good wash, cut it into quarters and remove the stalk**
- 6. shred the cabbage as finely as possible**
- 7. juice the lemon/lime**
- 8. chop the coriander finely**
- 9. add all the slaw ingredients together and mix**
- 10. serve the lentil chilli with some nachos, the slaw, a dollop of sour cream and some grated cheese**

Notes:

Skills: measuring, *mixing, shredding, grating*

