

baked chicken nachos



ingredients:

2 pkts of store-bought corn chips*
1 large chicken breast, cut into strips
2 rashers of bacon, cut into strips
3 cups of grated cheese
1 jar of salsa sauce**
1 medium red onion, cut into strips
½ large red capsicum, cut into strips
½ large green capsicum, cut into strips
1 small tub sour cream (50g)
1 serve of guacamole
salt and pepper to taste
spray oil

optional

jalapeño to taste, sliced
1 tsp minced garlic
1 tsp minced chilli

step one: Pre-heat the oven to 180°C (350°F) and spray a large oven tray with oil. Set aside.

step two: Spray a pan with oil and add the onion and capsicum, season with salt and pepper and toss until warmed. Do not allow to soften. Remove from the pan and set aside.

step three: Return the pan to the stove and increase the heat. Add the bacon and when the pan is hot and (working quickly) toss until almost cooked. Add the chicken and continue to toss until almost cooked.

step four: If using, add the garlic, chilli, jalapeño and stir through.

step five: Add the onion and capsicum and stir, add the salsa sauce and ½ the tub of sour cream. Stir through and allow to cook only until the sauce starts to bubble. Remove from the heat.

step six: Spread half the corn chips across the tray and sprinkle with a little of the grated cheese. Add the rest of the corn chip and spread around to ensure the tray is covered. Cover the corn chips with the chicken mixture and sprinkle with the remaining cheese.

step seven: Place into the oven for 15 - 20 minutes, or until the cheese has melted and become golden. Remove from the oven and dress with guacamole and sour cream. Serve immediately.

helpful hints:

- Be aware that the inclusion of the chilli and jalapeño with hot salsa can make the resulting sauce rather 'hot'. Add or omit and consider using mild or medium sauce.
- I use an egg lifter to serve because it measures a perfect portion.
- I choose to use chicken because I don't like beef or bean in nachos.

Enjoy!

** You can use any corn chips you like. I use Doritos Nacho Cheese chips (170g packets) because something about the flavour of these corn chips enhances the end result.*

*** I like to use a 300g jar of Old El Paso hot salsa sauce, and the bonus is - it gets hotter the longer it cooks.*