MINI TORTILLA CUP NACHOS with Mexican style toppings

WHAT YOU NEED:  
MAKES 24  
- 8 Tortillas, cut into thirds  
- 400gm kidney beans  
- 1 tsp garlic salt  
- ½ tsp ground cumin  
- 1 tsp coriander paste  
- 1 Tbs rice bran oil  
- 2 tsp lemon juice  
- 1 cup corn kernals  
- 1/3 capsicum  
- 1 ½ tomato  
- 2 spring onions  
- 2 Tbs coriander  
- 2 Tbs parsley  
- 3 Tbs salsa  
- 2 cups grated cheese  

UTENSILS:  
- Chopping board  
- Cook’s knife  
- Metal bowls  
- Measuring spoons  
- Kitchen scissors  
- Metal fork/spoon  
- Grater  
- Masher  
- Muffin trays

ALLERGIES/INTOLERANCES: For gluten intolerances a gluten free wrap will be used, any other allergies the ingredient will be omitted. Any questions please see Mrs Felton.

WHAT TO DO:  
TORTILLA CUPS AND ‘EASY (NO FRY) REFRIED BEANS’

1. Place tortillas into greased muffin trays.  
2. In a bowl place kidney beans, garlic salt, ground cumin, coriander paste, oil and lemon juice.  
3. Mash together until smooth. Spoon evenly into tortilla cups.

FRESH SALSA

1. In a bowl place corn, diced capsicum, diced tomato, chopped spring onions, chopped coriander, chopped parsley and salsa.  
2. Mix well and place evenly into tortilla cups on top of bean mix.  
3. Grate cheese, sprinkle on top of salsa mix. Bake at 180° for 15 minutes or until cups brown and cheese melts.  
4. Serve warm with guacamole and sour cream.

GUACAMOLE

1. Place ½ - 1 Avocado in a bowl and mash with a fork. Finely dice ½ tomato and add to avocado. Stir in ½ pack Guacamole seasoning, 1 teaspoon lemon juice and 1 tablespoon of sour cream.

WHAT YOU NEED TO SET YOUR TABLE:

A large plate and a glass.