

# MINI MEXICAN LAYERED DIPS - with oven baked tortilla chips

WHAT YOU NEED: Serves 8

- 3 Large Tortillas
- 400gm kidney beans
- 1/2 tsp garlic salt
- 1/2 tsp ground cumin
- 1 tsp coriander paste
- 1 Tbs rice bran oil
- 2 tsp lemon juice
- 1 Tbs taco seasoning mix
- 3/4 cup sour cream
- 3/4 cup guacamole
- 3/4 cup corn kernals
- 1/3 capsicum
- 1 tomato
- 1 spring onion
- 3 Tbs salsa
- 1 tsp coriander paste
- 1 cup grated cheese
- Garnish: spring onion, tomato, coriander and sliced black olives (optional)



## UTENSILS:

- |                  |                   |
|------------------|-------------------|
| Chopping board   | Safety knife      |
| Metal bowl       | Measuring spoons  |
| Kitchen scissors | Metal fork/spoons |
| Grater           | Baking tray       |

ALLERGIES/INTOLERANCES: Gluten free and dairy free alternatives will be used.

## WHAT TO DO:

### BEAN DIP

1. In a bowl place kidney beans, garlic salt, ground cumin, coriander paste, oil and lemon juice.
2. Mash together with a fork until smooth.

### FRESH SALSA

1. In a bowl place corn, diced capsicum, diced tomato, chopped spring onion, salsa & coriander paste.

### TO ASSEMBLE THE MINI LAYERED DIP

1. Line up 8 plastic cups. In each cup layer an even amount of bean dip mixture, then guacamole.
2. In a small bowl, mix together the Taco seasoning and sour cream. Layer on top of guacamole.
3. Next, layer the salsa evenly on top of sour cream, then top with grated cheese.
4. Garnish the top with your choice of diced tomato, spring onion, coriander and sliced black olives.
5. Serve with oven baked tortilla chips or vegie sticks.

### OVEN BAKED TORTILLA CHIPS

1. Cut the tortillas in half through the middle and then into strips.
2. Place on baking tray and spray with cooking oil. Sprinkle with All Purpose Seasoning.
3. Bake in oven at 180° for 10 minutes or until crisp and golden.
4. Serve with layered dip. DELICIOUS!!!!