

**USE  
IT UP™**



**LEFTOVER VEGE  
NACHOS**



# LEFTOVER VEGE NACHOS



Prep time



Cook time



Serves

A Recipe by OzHarvest

## NEED

1 tbsp vege oil

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1/2 red onion

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1/2 can tinned  
crushed tomatoes

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1/2 canned lentils or  
beans (tip: save the  
can water!)

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Leftover roast veges

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1/2 tsp smoked  
paprika, ground  
coriander and cumin

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1 diced tomato

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1/2 corn cob

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2 spring onions

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1/2 avocado

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1 lime

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2 flat breads

Looking for a way to use up leftover vegetables, canned beans or flat bread? Try making these Leftover Vege Nachos! A crowd favourite and great way to clear out the fridge for a new week.

## HOW

1. Add onion and garlic to a heated frying pan with oil and cook for 2-3 minutes.
2. Add in tomatoes, lentils, and spices. Cook gently until sauce starts to thicken.
3. Add in leftover roasted vege and heat gently. Tip: Add in water from lentil/bean can if sauce is too thick!
4. Cut flat bread into rough triangles and place on baking tray.
5. Spray with oil and season with smoked paprika and salt.
6. Bake in oven at 180° for 6 minutes until lightly browned and crisp. Remove from oven and cool.
7. For the salsa, mix tomato, corn, chopped spring onion and avocado together.
8. Add tsp of oil plus the zest and juice of a lime. Season with salt, pepper, and mix.
9. To serve, spread flatbread chips onto a plate, top with vegetable sauce, a dollop of Greek yoghurt and dress with the salsa - enjoy!



**SAVE FOOD.  
SAVE MONEY.  
SAVE THE PLANET.**