

NACHOS

<i>Ingredients</i>	<i>Equipment</i>
1 Pkt Corn Chips	Oven Proof Dish
1 Avocado	2 Mixing Bowls
2 Tomatoes Skin Removed	Cup Measurements
2 Cups Grated Cheese	Chopping Boards
Small Tub Sour Cream	Chef's Knife/Plastic Knives
2 Spring Onions	Juicer
Juice of 1 lemon	Spoon Measure
1 Teaspoon Chilli Paste	Grater
1 Teaspoon Sugar	Fork
Salt & Pepper to taste	

What to do

1. Get out all of your equipment
2. Place Corn Chips into oven proof dish
3. Grate Cheese and toss through the corn chips
4. Heat the Corn Chips in a moderately hot oven for approximately 10 minutes or until the cheese has melted.
5. Chop Tomatoes roughly and place in a bowl
6. Add the sugar, chilli paste, salt and pepper into the Tomatoes and mix well, set aside
7. Juice the lemon
8. Top and tail the Spring Onions and slice finely
9. Cut the Avocado in half and remove the pip.
10. Scoop out the Avocado flesh and place in another bowl.
11. Add the Spring Onions and Lemon Juice with the Avocado and mash with a fork, set aside.

12. Remove corn chips from oven and place the avocado mixture in the middle of the corn chips.
13. Place the tomato mixture on one side of the corn chips.
14. Place the sour cream on the other side of the corn chips.
15. Garnish with parsley and serve
16. Enjoy, very yummy!