



Nacho Nugget Mexican Sharing Board

Serves: 4

Calories per serving: 435

Fat per serving: 17.2g

Protein per serving: 19.3g

Fibre per serving: 15g

Ingredients:

16 Quorn Cheesy Nacho Nuggs

For the fajita fries:

2 Maris Piper potatoes, peeled

20 sprays low calorie cooking spray

2 tsp fajita seasoning

For the sweetcorn ribs:

2 corn on the cobs

2 tbsp sweet chilli sauce

2 clove garlic, crushed

2 tbsp chopped coriander

For the grilled padron peppers:

12 padron peppers

12 cherry tomatoes

For the fajita sour cream dip:

- 2 tbsp light sour cream
- 1 tsp fajita seasoning
- 1 tsp chopped coriander

For the Chipotle mayo dip:

- 2 tbsp light mayonnaise
- 1 tsp chipotle paste

For the smoked garlic dip:

- 2 tbsp sweet chilli sauce
- 2 tsp smoked paprika
- 2 cloves garlic, crushed

To serve:

- Handful of fresh coriander
- Lime wedges
- 100g pickled red onion

Method:

For the fajita fries:

1. Pre-heat the oven to 180°C (fan)/200°C electric/Gas Mark 6.
2. Slice the potato into thin cut fries. Place in a bowl and cover with boiling water for 10 minutes. Drain and pat dry using kitchen paper.
3. Place on a non-stick baking tray, spray with low calorie cooking spray and toss to coat.
4. Cook in a pre-heated oven for 30 minutes. Remove from the oven. Scatter over the fajita seasoning and toss to combine. Set aside and keep warm.

For the sweetcorn ribs and padron peppers:

5. Slice each sweetcorn in half. Slice each half into quarters to create 16 'ribs'. Mix the sweet chilli sauce, garlic and coriander in a small bowl and set to one side.

6. Using 4 skewers, thread a padron peppers onto each skewer followed by a tomato and repeat to use all the peppers and tomatoes. Heat a griddle pan over a medium high heat and cook the sweetcorn ribs and skewers for 3 minutes on each side.

7. Remove and place onto a serving platter. Brush the sweetcorn ribs with the sweet chilli, garlic and coriander mix.

For the fajita sour cream dip:

8. Mix all of the ingredients together and spoon into a dipping pot.

For the Chipotle mayo dip:

9. Mix all of the ingredients together and spoon into a dipping pot.

For the smoked garlic dip:

10. Mix all of the ingredients together and spoon into a dipping pot.

To serve:

11. Cook the Quorn Cheesy Nacho Nuggets as per pack instructions.

12. Add the fajita fries and dipping pots to the platter.

13. Garnish with coriander leaves, lime wedges and pickled red onion and enjoy.