

Spicy tortilla triangles

Main tools and equipment

Baking tray, pastry brush, saucepan, wooden spoon, measuring spoons, measuring cups, grater, grill









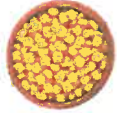

Production skills

Measuring, dicing, grating

Cooking processes

Baking, sautéing, grilling

Ingredients

 2 round flour tortillas (23 cm)	 1 teaspoon olive oil	 ½ onion, finely chopped	 ¼ red capsicum, diced finely	 1 clove garlic, crushed
 1 cup kidney beans, drained and roughly mashed	 ½ cup thick and chunky bottled salsa	 1 tablespoon coriander, chopped	 ¼ cup corn kernels	 45 g cheddar cheese, grated

Method

- 1 Cut each tortilla into 8 triangular pieces.
- 2 Brush or lightly spray the tortilla triangles with oil. Place on a baking tray and bake in an oven at 200°C for 5 minutes or until crisp and brown.
- 3 For the topping, place 1 teaspoon olive oil in a saucepan.
- 4 Add the onion and stir over a medium heat for 2 minutes.
- 5 Add the garlic and stir for another 1 minute, or until the onion is tender.
- 6 Stir in the kidney beans, salsa, capsicum, coriander and corn. Remove from the heat and leave to cool.
- 7 Spread the topping on the triangles, leaving a border around the edges.
- 8 Sprinkle with the grated cheese. Place another tortilla triangle on top. Grill for 1 minute, or until the cheese has melted.
- 9 Serve. You might like to serve your tortilla with guacamole. *Note:* Spicy tortilla triangles use all parts of the stove to cook.

MAKES 12 TRIANGLES



Preparation time: 10 minutes



Cooking time: 15 minutes



Serving and presentation: 5 minutes



Total time: 30 minutes

