Nachos

Ingredients

1 tablespoon oil

1 large brown onion, finely chopped

1 small red capsicum, diced

1 small green capsicum, diced

2 cobs of corn, kernels removed

400g can diced tomatoes in juice

420g can four-bean mix, rinsed and drained

1/2 teaspoon Tabasco sauce

1 x 220g packet light corn chips

1 cup reduced-fat grated tasty cheese

1/2 avocado, peeled, cored (see Notes)

2 tablespoons lemon juice

Tachos

2 long green chillies, deseeded, chopped

3 garlic cloves, chopped

2 teaspoons dried oregano

1 teaspoon chilli powder

2 tablespoons cider vinegar

600g pork fillets

1 tablespoon olive oil

8 corn tortillas

1/2 small iceberg lettuce, thinly shredded

2 large tomatoes, thinly sliced

2 small avocadoes, thinly sliced

toppings, to serve (see note)

Fajitas

2 (about 600g) single chicken breast fillets, thinly sliced

750g beef blade steak, excess fat trimmed

2 tablespoons vegetable oil

125ml (1/2 cup) fresh lime juice

2 garlic cloves, crushed

1 1/2 teaspoons ground cumin

1 teaspoon dried oregano

600g orange sweet potato (kumara), peeled, cut into 1.5cm pieces

1 red capsicum, deseeded, cut into 2cm pieces

1 red onion, coarsely chopped

Olive oil spray

1 x 400g can red kidney beans, rinsed, drained

1 tablespoon olive oil

1 green capsicum, deseeded, cut into thin strips

1 red capsicum, extra, deseeded, cut into thin strips