



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 40 mins

Serves: 2-4

INGREDIENTS

- 4 medium sweet potatoes
- ¼ cup olive oil
- 2 cups cooked chicken, shredded
- Juice of 1 lime
- 2 tsp crushed garlic
- 3 tsp cumin powder
- 3 tsp paprika
- ½ tsp cayenne pepper
- ½ tsp pink rock salt
- 2 tsp onion powder

- 2 tsp dried oregano
- 2 tbsp tomato paste
- 1 tsp natvia, or sweetener
- 1 cup water
- 1 tomato, finely diced
- Dairy free grated cheese
- ***GUACAMOLE***
- 2 avocados
- Juice of 1 lime
- ¼ cup coriander, roughly chopped

METHOD

- Preheat oven to 190°C
- Peel and thinly slice sweet potatoes, place in a bowl with half the oil and toss.
- Lay slices of potato on a baking paper lined tray and bake for 30-40 minutes.
- Meanwhile, heat remaining oil in a saucepan and add garlic, all spices, onion powder and oregano, and fry for 2 minutes.
- Add tomato paste, natvia, water and tomato and simmer for 5 minutes until thick.
- Add chicken and lime juice and cook a further few minutes. Set aside.
- In a bowl roughly mash the avocado and lime juice and stir in the coriander.
- Lay a layer of potato nachos on the base of the serving bowl. Top with chicken mixture, grated cheese and return to the oven until the cheese melts on top.
- Remove from oven and top with guacamole and natural coconut yoghurt.

CHICKEN NACHOS

