



THE NON-PERISHABLE

MEAL in MINUTES KIT

Kete kai i roto i ngā meneti

Nachos

Serves 3-4 for approximately \$10

INGREDIENTS / KĪNAKI



TIP: Add cooked mince to the bean mixture.

INSTRUCTIONS / TOHUTOHU TAO KAI

STEP 1

- Open can of corn.
- Drain the corn.
- Open the cans of tomatoes and chilli beans.



STEP 3

- Microwave for 3 minutes on high or until hot.



STEP 2

- Empty the chilli beans, tomatoes and corn into a microwavable bowl.
- Stir together.



STEP 4

- Serve the bean mix in bowls with 170g bag of nacho chips.



Quick, cheap, easy, tasty and healthy meals for your family and whānau

Kai ora, hāpori ora! Healthy food, healthy community!

These recipes are designed to be utilised by food banks, community organisations and for whānau to have on hand in preparation for emergencies.

Te Whatu Ora
Health New Zealand