



CHILI CHEESE FRIES

Ingredients:

For the chili:

- ½ an onion, diced 2 cloves of garlic, diced
- 1 medium sized carrot, diced 1 rib of celery, diced
 - 1 red bell pepper, diced 100 gr of sweetcorn
- 200 ml of tomato passata
 100 gr of cooked green lentils
 - Salt, pepper, chili flakes

For the cheese sauce:

- 1 potato 1 carrot 1 tbsp of nutritional yeast
- 50 gr of GreenVie Cheddar, cut into very small pieces
 - 1 tsp of turmeric powder
 - 1 tsp of garlic powder Black pepper, salt





instructions

Start with the chili:

In a very hot soup pot add some oil and start by frying the onions, garlic, celery, pepper and carrots - that should take about 5 minutes.

Now, add the sweetcorn, tomato passata and cooked lentils.

Season with salt and pepper and lower the heat.

Let it simmer for 10 minutes and take off the heat.

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instructions

Meanwhile you should be boiling the carrot and potato until soft - about 30 minutes.

Rinse and put into a blender with 1 ladle of the boiling water.

Add in the rest of the cheeze sauce ingredients and blitz until smooth - it should be thick.

Cook some french fries and top with the chili and cheese sauce.



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