

Healthy Potato Nachos



Have you ever tried healthy potato nachos? If not, you've got to! These potato nachos are so good! They are also perfect for anyone with an autoimmune skin condition, who wants to exclude Troublemaker foods from their diet.

Servings: 1

Potato Nachos

4-6 potatoes
2 tsp cumin
2 tsp garlic powder
2 tsp paprika
2 tsp turmeric

Salsa

1 tomato
1 bell pepper (red, orange or yellow)
1/3 cucumber
1 avocado
5 Halkidiki olives
1/2 red onion
cilantro

Taco Sauce

crushed tomatoes (approx. 400g)
1/2 yellow onion
1 clove of garlic
1 tsp maple syrup
1 tbsp lemon juice
1 tsp cumin
1 tsp paprika powder
1 tsp oregano
1 tsp dried coriander
1/2 tsp cayenne
1/2 tsp chili flakes
sea salt
black pepper

Aioli

2.5 dl cashews
3 cloves of garlic
juice from 2 lemons
1/4 tsp sea salt
1 dl water

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INSTRUCTIONS

Taco Sauce

1. Start by preparing the taco sauce. I usually prefer to do it the day before, so all the flavours are having time to settle.
2. Peel and finely chop the onion and garlic. Then fry them on medium heat in a little water until the onion starts to become translucent. If necessary, add more water to the saucepan at regular intervals so that they don't stick to the bottom.
3. Add crushed tomatoes, maple syrup, lemon juice, cumin, paprika powder, oregano, cilantro, cayenne and chili flakes. Let boil for at least 10 minutes under a lid. Stir every now and then.
4. Season with salt and black pepper.
5. Let it cool before you serve it, for best taste. Then you can store it in a glass jar with a tight-fitting lid in the fridge, and it will last for at least a week.

Potato Nachos

1. Wash the potatoes, and slice them evenly. Mine are usually about 4-5 mm thick.
2. Add them to a bowl. Apply one spice at a time, and stir in between, to make sure you get spices on all potato slices.
3. Lay them on a parchment paper on top of an oven tray.
4. Bake in the oven at 200 degrees Celsius for about 20-30 minutes, until the potato slices are starting to get brown.

Aioli

1. Prepare the aioli by mixing all ingredients in the mixer, until smooth.
2. Start with 1 dl of water and add extra if needed.

Salsa

1. Wash all the ingredients to the salsa, and peel the red onion.
2. Chop everything quite chunky and put in a mixing bowl.
3. Stir properly.

Putting it together

1. Take a big plate and place your potatoes on it.
2. Put the salsa on top of the potatoes.
3. Add clicks of taco sauce all over and finally garnish with aioli.
4. Serve straight away.

As always, be careful when you buy olives. Make sure they are clean. The only ingredients should be: olives, water and salt. Nothing else!