



Nachos with cheddar sauce

15 minutes

Hands on

6-8

Portion(s)

1

Difficulty



Ingredients

For the cheddar sauce

- 40 g butter
- 40 g all-purpose flour
- 1 teaspoon(s) turmeric, ground
- 3 level teaspoon(s) mustard, English
- 350 ml milk
- 300 g cheddar, grated
- 1/2 teaspoon(s) salt
- 1/2 teaspoon(s) pepper

To serve

- 400 g nachos
- 1 tomato, finely chopped
- 1/4 bunch parsley, fresh, finely chopped
- 1 onion, finely chopped

Method

- Melt the butter in a saucepan over medium to low heat.
- Add the flour and whisk until it turns light golden.
- Add the turmeric and the English mustard. Whisk.
- Add the milk slowly, in 5 batches while continuously whisking, until the béchamel sauce thickens (you can also add a little more milk if you just want a thinner and smoother cheddar sauce). You will know it is ready when bubbles start to form on the surface.
- Add the grated cheddar in 5 batches, while stirring continuously and again waiting for each addition to be completely incorporated into the mixture before adding the next.
- Season to taste. It will depend on how salty or mild the cheese is.
- If you would like a little stronger color, add a little ground turmeric.
- Keep the mixture warm until serving.
- To prepare this dish, place the tortilla chips on a plate, pour the cheddar sauce on top and garnish with tomato, parsley, and onion.

Tip

If the sauce cools and becomes too thick, you can reheat it and add a little milk to make it thinner!

Διατροφικός πίνακας

Nutrition information per portion

509 Calories (kcal)	33.0 Total Fat (g)	13.0 Saturated Fat (g)	36.0 Total Carbs (g)
25%	47%	65%	14%
5.1 Sugars (g)	15.0 Protein (g)	3.7 Fibre (g)	1.8 Sodium (g)
6%	30%	15%	30%