

# TVP Vegan Nachos



## Ingredients

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### Meat' mixture

- 1 Garlic Clove, minced
- 1 Tsp Sweet Paprika
- 1 Tsp Cumin
- Handful of Oregano
- 1 cup water
- 1 cup texture vegetable protein (TVP)
- 1 Tbsp of Nutritional Yeast
- 3 Tbsp of Dark Soy Sauce
- 3 Tbsp of Maple Syrup
- 3 Tbsp Tomato Paste

### Cheese Sauce

- 1 & 1/2 Cups Cashews
- 1 Tbsp Lemon Juice
- 1/4 Cup Nutritional Yeast
- 1/2 Tsp Paprika
- 1/2 Tsp Turmeric
- 300ml Vegetable Stock

## Method

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- Place olive oil in fry pan on medium heat
- Add garlic, paprika, cumin and oregano to the pan, stir until fragrant
- Pour in water, allowing it to get to heat. Stir in your TVP until water has mostly evaporated
- Stir in nutritional yeast, soy sauce, maple syrup and tomato paste to the pan, mixing to combine.
- Set aside
- CHEESE SAUCE: Add cashews, lemon juice, nutritional yeast, paprika, turmeric, vegetable stock to a blender. Blend to combine
- Combine all ingredients over a bed of corn chips

