



Taco Chips with Lentil Sauce & Cashew Cheese

⌚ Preparation time: 15 minutes
🕒 Cooking time: 35 minutes
🕒 Total time: 50 minutes

👤 Portions: 2

Ingredients (serves 2)

For the rich lentil sauce

- 1 onion
- 1 clove of garlic
- 150 g (3/4 cup or 5.2 oz) lentils
- 1-2 tbsp. vegetable oil
- 1 tsp. paprika powder
- 1 half a tsp. of smoked paprika powder
- 1 tsp. cumin
- 3 tbsp. balsamic vinegar
- 5 tbsp. tomato paste (100 g)
- Salt & chili flakes to taste

Further ingredients

- Some slices of cucumber
- Cocktail tomatoes as you like
- 150-170 g (5.2-5.9 oz) red cabbage
- Salt
- 2-3 tbsp. apple cider vinegar
- 1 package of vegan taco chips
- Optional you can add a slides avocado seasoned with lemon juice and salt

For the cashew cheese

- 1 tbsp. cashew paste
- 1 tsp. hot mustard
- 10-15 g yeast flakes
- 70 ml (2.3 oz) plantbased milk (such as oat or rice milk)
- 1-2 tsp. soy sauce
- Chili powder to your liking (or harissa)

Instructions (15 minutes preparation + 30 minutes for cooking the lentils)

1. Peel and finely dice the onion and garlic clove. Put the lentils in a fine sieve and rinse with water.
2. Heat 1-2 tbsp. of vegetable oil in a pot. Sauté onion and garlic cubes for some minutes. Add lentils as well as paprika powder, smoked paprika powder and cumin. Mix the lentils and spices and fry briefly until the aroma of the spices develops.
3. Deglaze ingredients with balsamic vinegar. Stir in the tomato paste and after about 2-3 minutes pour 500 ml water over the ingredients. Simmer lentils for about 30-35 minutes (cooking time and amount of water can vary up to your sort of lentils. So please read package instructions and cook accordingly). Stir from time to time and add some water if necessary. At the end, the lentils should be still a bit firm to the bite and the consistency of the lentil sauce thick.
4. While the lentils are simmering, wash and cut cucumber slices and cocktail tomatoes as desired.
5. Wash the red cabbage, slice finely and knead thoroughly with a pinch of salt and 2-3 tbsp. apple cider vinegar with your hands until the cabbage is soft and flexible. Put the red cabbage aside.
6. For the cashew cheese: Mix cashew paste, hot mustard, yeast flakes, plantbased milk, 1-2 tsp. of soy sauce and, if desired, chili flakes or chili powder and warm up. Stir vigorously and simmer gently until a creamy cheese sauce is obtained. This takes about 2-3 minutes. Then remove the cheese sauce from the stove. Before serving, warm the sauce again so that it is creamy.

7. Place the taco chips on a large plate or platter. Add marinated red cabbage. Spread lentil sauce over the nachos. Add cucumber slices and cocktail tomatoes to the chips and sprinkle the cashew sauce over the whole thing. Best enjoyed still warm.

If you like, you can salt the dish again slightly and sprinkle it with chili flakes.

Tip: If you like, you can also cut the flesh of an avocado and add it to the chips (seasoned with lemon juice and salt). Julian and I found the recipe already really creamy and rich, so that we skipped the avocado. But it's still a delicious idea!