



# Loaded Mexican Lentil Nachos

with Corn Salsa & Sour Cream

Grab your Meal Kit with this symbol



Garlic



Onion



Celery



Cucumber



Lentils



Sweetcorn



Mini Flour Tortillas



Baby Spinach Leaves



Mexican Fiesta Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Sour Cream



Parsley



Chicken Breast

Prep in: 30-40 mins  
Ready in: 35-45 mins

Eat Me Early\*  
\*Custom Recipe only

Get a load of this veggie masterpiece that looks just as amazing as it tastes! Crunchy tortilla wedges are piled high with a cheese-topped lentil mix, corn salsa and sour cream. Put the cherry on top with fresh parsley.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, White Wine Vinegar, Butter

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan with a lid (or foil) · Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
onion	1 (medium)	1 (large)
celery	1 stalk	2 stalks
cucumber	½	1
lentils	1 tin	2 tins
sweetcorn	½ tin	1 tin
<b>white wine vinegar*</b>	1 tsp	2 tsp
mini flour tortillas	6	12
baby spinach leaves	1 medium bag	1 large bag
Mexican Fiesta spice blend	½ sachet	1 sachet
tomato paste	1 packet	2 packets
<b>butter*</b>	20g	40g
<b>water*</b>	½ cup	1 cup
shredded Cheddar cheese (40g)	1 packet	1 packet (80g)
sour cream	1 medium packet	1 large packet
parsley	1 bag	1 bag
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3316kJ (793Cal)	478kJ (114Cal)
Protein (g)	27.1g	3.9g
Fat, total (g)	38.8g	5.6g
- saturated (g)	21.7g	3.1g
Carbohydrate (g)	75.3g	10.9g
- sugars (g)	15.9g	2.3g
Sodium (mg)	1526mg	220mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4075kJ (974Cal)	477kJ (114Cal)
Protein (g)	59.6g	7g
Fat, total (g)	44.5g	5.2g
- saturated (g)	23.3g	2.7g
Carbohydrate (g)	75.3g	8.8g
- sugars (g)	15.9g	1.9g
Sodium (mg)	1625mg	190mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW29



## Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **garlic, onion** and **celery**. Roughly chop **cucumber** (see ingredients).
- Drain and rinse **lentils**. Drain the **sweetcorn** (see ingredients).

**Custom Recipe:** If you've added chicken breast to your meal, cut into 2cm chunks.



## Start the lentil mixture

- While the tortilla chips are baking, return the frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **onion** and **celery**, stirring, until softened, **3-4 minutes**.
- Add **lentils** and cook until tender, **2 minutes**.
- **SPICY!** The spice blend is hot, use less if you're sensitive to heat. Add **garlic, baby spinach leaves** and **Mexican Fiesta spice blend** (see ingredients) and cook, stirring, until spinach has wilted, **1-2 minutes**.

**Custom Recipe:** Add chicken to the pan with the onion and celery, tossing occasionally until cooked through, 3-4 minutes. Continue as above.



## Make the salsa

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**.
- Transfer **charred corn** to a medium bowl, then add **cucumber** and the **white wine vinegar**. Gently stir to combine. Season with **salt** and **pepper**. Set aside.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.



## Finish the lentil mixture

- Stir through **tomato paste**, the **butter** and **water**, then season. Simmer until sauce has thickened, **1-2 minutes**.
- Sprinkle **shredded Cheddar cheese** over lentil mixture, cover with a lid (or foil) and reduce heat to low. Cook until the cheese has melted, **2-3 minutes**.

**TIP:** Add a splash more water if the mixture seems dry.



## Bake the tortilla chips

- Slice **mini flour tortillas** into wedges. Divide **tortillas** between two lined oven trays (don't worry if they overlap). Drizzle with **olive oil** and season with **salt**.
- Toss to coat, then bake until lightly golden and crispy, **8-10 minutes**.

**TIP:** Keep an eye on them. You want them crisp, but not burnt!



## Serve up

- Divide tortilla chips between plates and top with the cheesy lentil mixture.
- Drizzle with **sour cream** and top with charred corn salsa.
- Tear over **parsley** to serve. Enjoy!

## Rate your recipe

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