

American Plant-Based Mince Chilli Nachos

with Corn Chips & Tomato-Corn Salsa

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Tomato



Onion



Carrot



Sweetcorn



Plant-Based Mince



Louisiana Spice Blend



Tinned Tomatoes



Herbs



Corn Chips



Plant-Based Mayo



Plant-Based Mayo

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 25-35 mins

Plant Based

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

We're doing nachos like no other because they're veggie-fied with a saucy and spiced plant-based mince that will have your mouth watering. You can go all out with the toppings too like a creamy mayo or tomato and corn salsa.

Pantry items

Olive Oil, Brown Sugar, White Wine Vinegar

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
onion	½	1
carrot	1	2
sweetcorn	1 tin	1 tin
plant-based mince	1 packet	2 packets
Louisiana spice blend	1 sachet	2 sachets
tinned tomatoes	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
water*	1 cup	2 cups
white wine vinegar*	drizzle	drizzle
herbs	½ bag	1 bag
corn chips	1 large packet	2 large packets
plant-based mayo	1 medium packet	2 medium packets
plant-based mayo**	1 medium packet	2 medium packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2817kJ (673Cal)	639kJ (153Cal)
Protein (g)	27.3g	6.2g
Fat, total (g)	35.1g	8g
- saturated (g)	3.3g	0.7g
Carbohydrate (g)	62.6g	14.2g
- sugars (g)	15.4g	3.5g
Sodium (mg)	2164mg	491mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3111kJ (744Cal)	675kJ (161Cal)
Protein (g)	27.3g	5.9g
Fat, total (g)	42.5g	9.2g
- saturated (g)	4g	0.9g
Carbohydrate (g)	63.7g	13.8g
- sugars (g)	15.8g	3.4g
Sodium (mg)	2292mg	497mg

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 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

2024 | CW02



1



Get prepped

- Finely chop **tomato** and **onion** (see ingredients). Grate the **carrot**. Drain the **sweetcorn**.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl and set aside.

TIP: Cover the pan with a lid if the corn kernels are “popping” out.

3



Make it saucy

- **SPICY!** This is a mild **spice** blend, but use less if you're sensitive to heat! Add **Louisiana spice blend** and **tinned tomatoes**, and cook until fragrant, **1-2 minutes**.
- Add the **brown sugar** and **water**, and stir to combine. Reduce heat to medium and simmer until slightly thickened, **1-2 minutes**.

2



Cook the veggie mince

- Return frying pan to medium-high heat, with a drizzle of **olive oil**. Cook **plant-based mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **onion** and **carrot**, and cook until tender, **4-5 minutes**.

4



Serve up

- Add tomato to the charred corn, along with a drizzle of **white wine vinegar** and olive oil. Tear in **herbs** (see ingredients) and season to taste. Toss to combine.
- Divide **corn chips** between bowls and top with saucy plant-based mince chilli and tomato-corn salsa.
- Dollop over **plant-based mayo** to serve. Enjoy!

Custom Recipe: If you've doubled your plant-based mayo, spoon extra mayo over the veggie mince chilli to serve.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate