

American Plant-Based Mince Chilli Nachos

with Corn Chips & Tomato Salsa

Grab your meal kit with this number

31



Tomato



Onion



Carrot



Sweetcorn



Plant-Based Mince



All-American Spice Blend



Tomato Paste



Coriander



Corn Chips



Plant-Based Mayo



Beef Mince



Lamb Mince

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

Plant Based

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, with a creamy mayo and tomato-corn salsa to tie it all together!

Pantry items

Olive Oil, Brown Sugar, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 medium tin	1 large tin
plant-based mince	1 packet	2 packets
All-American spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
water*	1 cup	2 cups
white wine vinegar*	drizzle	drizzle
coriander	1 packet	1 packet
corn chips	1 large packet	2 large packets
plant-based mayo	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2078kJ (497cal)	206kJ (49cal)
Protein (g)	25.2g	2.5g
Fat, total (g)	25.6g	2.5g
- saturated (g)	15.8g	1.6g
Carbohydrate (g)	81.2g	8g
- sugars (g)	14.5g	1.4g
Sodium (mg)	1193mg	118mg
Dietary Fibre (g)	9.3g	0.9g

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 | CW39



Get prepped

- Finely chop **tomato** and **onion** (see ingredients).
- Grate **carrot**.
- Drain **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.



Make it saucy

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



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**, then cook, tossing until tender, **4-5 minutes**.



Serve up

- To the charred corn, add tomato and a drizzle of **white wine vinegar** and olive oil. Tear in **coriander** and season to taste with salt and pepper. Toss to combine.
- Divide **corn chips** between bowls and top with American plant-based mince chilli and tomato-corn salsa.
- Dollop over **plant-based mayo** to serve. Enjoy!

CUSTOM
OPTIONS



SWAP TO BEEF MINCE
Follow method above.



SWAP TO LAMB MINCE
Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

