

# American Plant-Based Mince Chilli Nachos

with Corn Chips & Tomato Salsa

Grab your meal kit with this number













Carrot

Sweetcorn





Plant-Based Mince

All-American Spice Blend





Tomato Paste

Coriander





Corn Chips

Plant-Based Mayo





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



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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
tomato	1	2	
onion	1/2	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	

<sup>\*</sup>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.



# 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.



# 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**.



# Make it saucu

- 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.



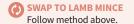
## Serve up

- 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!









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

