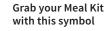


Plant-Based Mince Tortilla Stack

with Charred Corn & Cucumber Salsa

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR













Plant-Based



Mince





Tex-Mex Spice Blend





Mini Flour



Cucumber

Tortillas



Parsley



Mayo



Prep in: 25-35 mins Ready in: 35-45 mins

Plant Based* *Custom Recipe is not Plant Based You're going to want to pile your plate up high with this tasty tortilla stack, which happens to be both meatless and delicious, thanks to these plant-based ingredients - the mince and the mayo!

Olive Oil, White Wine Vinegar

Pantry items

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 · Oven tray lined with baking paper

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweetcorn	1 tin	1 tin		
carrot	1	2		
plant-based mince	1 packet	2 packets		
tomato paste	1 packet	2 packets		
Tex-Mex spice blend	1 sachet	1 sachet		
vegetable stock powder	1 medium sachet	1 large sachet		
water*	½ cup	1 cup		
mini flour tortillas	6	12		
cucumber	1 (medium)	1 (large)		
parsley	1 bag	1 bag		
white wine vinegar*	drizzle	drizzle		
plant-based mayo	1 medium packet	1 large packet		
beef mince**	1 packet	1 packet (or 2 packets)		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2792kJ (667Cal)	617kJ (147Cal)
Protein (g)	31.2g	6.9g
Fat, total (g)	29.5g	6.5g
- saturated (g)	5.9g	1.3g
Carbohydrate (g)	61.7g	13.6g
- sugars (g)	14.5g	3.2g
Sodium (mg)	2548mg	563mg
Overhaus Danies		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2984kJ (713Cal)	625kJ (149Cal)
Protein (g)	39.8g	8.3g
Fat, total (g)	33.7g	7.1g
- saturated (g)	12.5g	2.6g
Carbohydrate (g)	54.9g	11.5g
- sugars (g)	13.3g	2.8g
Sodium (mg)	1840mg	385mg

The quantities provided above are averages only.

Allergens

2023 | CW23

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

- Preheat oven to 220°C/200°C fan-forced.
- Drain the sweetcorn. Grate the carrot.
- Heat a large frying pan over high heat. Cook corn until lightly browned, 4-5 minutes. Transfer to a medium bowl.

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



Start the filling

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook carrot, stirring, until softened. 4-5 minutes.
- Add plant-based mince and cook, breaking up mince with a spoon, until just browned,
 3-5 minutes.

Custom Recipe: If you've swapped from plant-based mince to beef mince, heat the pan as above and cook beef mince, breaking up with a spoon, until just browned, 4-5 minutes.



Finish the filling

- Add tomato paste, Tex-Mex spice blend, vegetable stock powder and the water.
- Reduce heat to medium-low and simmer until thickened, 2-3 minutes. Season to taste.



Bake the stack

- Place one mini flour tortilla on a lined oven tray. Top the tortilla with some filling, spreading it into an even layer. Top with another tortilla.
- Repeat this process until all the tortillas and filling are used up.
- Bake until the top tortillas is golden,
 10-12 minutes.

TIP: If making for 4 people, build two tortilla stacks.



Make the salsa

- Meanwhile, finely chop cucumber and parsley.
- To the bowl with the corn, add cucumber, parsley and a drizzle of white wine vinegar and olive oil. Toss to combine. Season to taste.



Serve up

- Using a bread knife, cut veggie mince tortilla stack into wedges (like a cake!) and divide between plates.
- Top with charred corn salsa and plant-based mayonnaise to serve. Enjoy!