



Plant-Based Mince Tortilla Stack

with Charred Corn & Cucumber Salsa

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweetcorn



Carrot



Plant-Based Mince



Tomato Paste



Tex-Mex Spice Blend



Vegetable Stock Powder



Mini Flour Tortillas



Cucumber



Parsley



Plant-Based Mayo



Beef Mince

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!

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

Pantry items

Olive Oil, 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 · Oven tray lined with baking paper

Ingredients

	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

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

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



2023 | CW23



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.



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.



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.



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.



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.



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!

Rate your recipe

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