

# Loaded Mexican Lentil Nachos

with Corn Salsa, Pickled Onion & Sour Cream

Grab your Meal Kit with this symbol



**Recipe Update**  
 Unfortunately, this week's tomato was in short supply, so we've replaced it with cucumber. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

-   
Onion
-   
Garlic
-   
Celery
-   
Lentils
-   
Cucumber
-   
Sweetcorn
-   
Mini Flour Tortillas
-   
Baby Spinach Leaves
-   
Mexican Fiesta Spice Blend
-   
Tomato Paste
-   
Shredded Cheddar Cheese
-   
Sour Cream
-   
Coriander
-   
Shredded Cheddar Cheese

Prep in: **30-40 mins**  
 Ready in: **35-45 mins**

Get a load of this for a veggie masterpiece that looks just as amazing as it tastes! Crunchy tortilla wedges are piled high with a cheese-topped lentil mix, corn salsa, sour cream, pickled onion and coriander.

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

**Pantry items**

Olive Oil, White Wine Vinegar, Butter

## 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 with a lid (or foil) · Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
lentils	1 tin	2 tins
<b>white wine vinegar*</b>	¼ cup	½ cup
cucumber	1 (medium)	1 (large)
sweetcorn	½ tin	1 tin
mini flour tortillas	6	12
baby spinach leaves	1 medium bag	1 large bag
Mexican Fiesta spice blend †	½ sachet	1 sachet
tomato paste	1 packet	2 packets
<b>butter*</b>	20g	40g
<b>water*</b>	½ cup	1 cup
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
sour cream	1 medium packet	1 large packet
coriander	1 bag	1 bag
shredded Cheddar cheese**	1 packet (40g)	1 packet (80g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3283kJ (785Cal)	545kJ (130Cal)
Protein (g)	26.3g	4.4g
Fat, total (g)	38.6g	6.4g
- saturated (g)	21.7g	3.6g
Carbohydrate (g)	75g	12.4g
- sugars (g)	16.4g	2.7g
Sodium (mg)	1514mg	251mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3283kJ (785Cal)	545kJ (130Cal)
Protein (g)	26.3g	4.4g
Fat, total (g)	38.6g	6.4g
- saturated (g)	21.7g	3.6g
Carbohydrate (g)	75g	12.4g
- sugars (g)	16.4g	2.7g
Sodium (mg)	1514mg	251mg

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](https://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



1



## Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Halve the **onion**. Thinly slice one half of the **onion** and finely chop the remaining **onion**.
- Finely chop **garlic** and **celery**. Drain and rinse **lentils**.
- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch sliced **onion** in your hands, then add to the **pickling liquid** with just enough **water** to cover onion. Stir to coat and set aside.

4



## Start the lentil mixture

- While the tortilla chips are baking, return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook chopped **onion** and **celery**, stirring, until softened, **3-4 minutes**.
- Add **lentils** and cook until tender, **2 minutes**.
- **SPICY!** The spice blend is hot, use less if you're sensitive to heat. Add **garlic**, **baby spinach leaves** and **Mexican Fiesta spice blend** (see ingredients) and cook, stirring, until spinach has wilted, **1-2 minutes**.

2



## Make the salsa

- Roughly chop **cucumber**. Drain the **sweetcorn** (see ingredients).
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**.
- Transfer **charred corn** to a medium bowl, along with **cucumber** and some **pickling liquid** (1 tsp for 2 people / 2 tsp for 4 people). Gently stir to combine. Season with **salt** and **pepper**. Set aside.

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

5



## Finish the lentil mixture

- Stir **tomato paste**, the **butter** and **water** through lentil mixture, then season. Simmer until sauce has thickened, **1-2 minutes**.
- Sprinkle **shredded Cheddar cheese** over lentil mixture, cover with a lid (or foil) and reduce heat to low. Cook until the cheese has melted, **2-3 minutes**.

**TIP:** Add a splash more water if the mixture seems dry.

**Custom Recipe:** If you've doubled your shredded Cheddar cheese, add to the lentil mixture as above or save some to garnish before serving!

3



## Bake the tortilla chips

- Slice **mini flour tortillas** into quarters. Divide **tortillas** between two lined oven trays (don't worry if they overlap). Drizzle with **olive oil** and season with **salt**.
- Toss to coat, then bake until lightly golden and crispy, **8-10 minutes**.

**TIP:** Keep an eye on them. You want them crisp, but not burnt!

6



## Serve up

- Drain pickled onion.
- Divide tortilla chips between plates and top with the cheesy lentil mixture.
- Top with charred corn salsa, **sour cream** and pickled onion. Tear over **coriander** to serve. Enjoy!

**Custom Recipe:** Sprinkle with any reserved Cheddar cheese to serve.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)