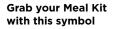
Loaded Lentil Cheesy Nachos

with Corn Salsa & Sour Cream









Mini Flour



Tortillas









Tomato

Carrot



Coriander



Sweetcorn



Baby Spinach



Leaves

Mexican Fiesta Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Sour Cream

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Butter

Hands-on: 30-40 mins Ready in: 35-45 mins

Spicy (Mexican Fiesta spice blend) 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.

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Medium frying pan with a lid (or foil)

Ingradients

ingrealents			
	2 People	4 People	
olive oil*	refer to method	refer to method	
mini flour tortillas	6	12	
red onion	1 (medium)	1 (large)	
garlic	2 cloves	4 cloves	
lentils	1 tin	2 tins	
carrot	1	2	
vinegar* (white wine or rice wine)	⅓ cup	½ cup	
water* (for the pickle)	⅓ cup	½ cup	
tomato	1	2	
coriander	1 bunch	1 bunch	
sweetcorn	½ tin	1 tin	
baby spinach leaves	1 bag (60g)	1 bag (120g)	
Mexican Fiesta spice blend	½ sachet	1 sachet	
tomato paste	1 packet	2 packets	
butter*	20g	40g	
water* (for the sauce)	½ cup	1 cup	
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)	
sour cream	1 packet (100g)	1 packet (175g)	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3420kJ (818Cal)	488kJ (117Cal)
Protein (g)	28.7g	4.1g
Fat, total (g)	36.2g	5.2g
- saturated (g)	18.0g	2.6g
Carbohydrate (g)	82.6g	11.8g
- sugars (g)	19.2g	2.7g
Sodium (mg)	1320mg	188mg

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.



1. Get prepped

Preheat the oven to 200°C/180°C fan-forced. Cut the mini flour tortillas into wedges. Cut the red onion in half. Thinly slice 1/2 of the onion, then finely chop the **remaining onion**. Finely chop the **garlic** (or use a garlic press). Drain and rinse the **lentils**. Grate the **carrot** (unpeeled). In a small bowl, combine the vinegar, water (for the pickle) and a good pinch of sugar and salt. Scrunch the sliced **onion** in your hands, then add to the pickling liquid. Stir to coat and set aside until serving.



2. Make the salsa

Finely chop the tomato and coriander (reserve some for garnish!). Drain the sweetcorn (see ingredients list). In a medium bowl, combine the tomato, coriander, sweetcorn and pickling liquid (1 tsp for 2 people / 2 tsp for 4 people). Season with salt and pepper. Set aside.



3. Bake the tortilla chips

Place the tortilla wedges on an oven tray lined with baking paper. Drizzle (or spray) with olive oil, season with a pinch of salt and pepper and toss to coat. Bake until golden, 6-8 minutes.

TIP: If the tortilla wedges don't fit in one layer, spread them over two oven trays.

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



4. Start the lentil mixture

SPICY! You may find the spice blend hot! Feel free to add less, depending on your taste. Heat a medium frying pan over a medium-high heat with a drizzle of **olive oil**. When the oil is hot, add the finely chopped onion and carrot and cook, stirring, until softened, 3-4 minutes. Add the lentils and cook until tender, 2 minutes. Add the garlic, baby spinach leaves and Mexican Fiesta spice blend (1/2 sachet for 2 people / 1 sachet for 4 people) and cook, stirring, until the spinach has wilted, 1-2 minutes.



5. Finish the lentil mixture

Stir through the **tomato paste**, **butter**, **water** (for the sauce) and a pinch of salt and pepper. Simmer until the sauce has thickened, 1-2 minutes. Add another splash of water if the mixture is dry. Sprinkle the shredded Cheddar cheese over the lentil mixture, cover with a lid or foil and reduce the heat to low. Cook until the cheese has melted, 2-3 minutes.



6. Serve up

Drain the pickled onion. Divide the tortilla chips between plates and serve with the cheesy lentil mixture. Top with the **sour cream**, corn salsa, pickled onion and the reserved coriander.

Enjoy!