



Loaded Lentil Cheesy Nachos

with Corn Salsa & Quick-Pickled Onion

Grab your Meal Kit with this symbol



Mini Flour Tortillas



Red Onion



Garlic



Lentils



Carrot



Tomato



Coriander



Sweetcorn



Baby Spinach Leaves



Mexican Fiesta Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Yoghurt

- 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, yoghurt, pickled onion and coriander.

Pantry items

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

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)

Ingredients

	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)	¼ cup	½ cup
water* (for the pickle)	¼ 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)
yoghurt	1 small packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3320kJ (794Cal)	493kJ (118Cal)
Protein (g)	27.7g	4.1g
Fat, total (g)	35.9g	5.3g
- saturated (g)	18.0g	2.7g
Carbohydrate (g)	79.0g	11.7g
- sugars (g)	18.3g	2.7g
Sodium (mg)	1280mg	190mg

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.

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1. Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Cut the **mini flour tortillas** into wedges. Slice 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.



4. Start the lentil mixture

SPICY! You may find the spice blend hot! Feel free to add less, depending on your taste. In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, cook the chopped **onion** and **carrot**, 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 (see ingredients list)** and cook, stirring, until the spinach has wilted, **1-2 minutes**.



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.



5. Finish the lentil mixture

Stir the **tomato paste, butter, water (for the sauce)** through the **lentil mixture**, then season with **salt** and **pepper**. Simmer until the sauce has thickened, **1-2 minutes**. 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**.

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



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 **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.



6. Serve up

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

Enjoy!