

Loaded Mexican Lentil Nachos

with Corn Salsa, Pickled Onion & Sour Cream

Grab your Meal Kit with this symbol



Red Onion



Garlic



Celery



Lentils



Tomato



Coriander



Sweetcorn



Mini Flour Tortillas



Baby Spinach Leaves



Mexican Fiesta Spice Blend



Tomato Paste



Shredded Cheddar Cheese




Sour Cream



Shredded Cheddar Cheese

 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.

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
lentils	1 tin	2 tins
vinegar* (white wine or rice wine)	¼ cup	½ cup
tomato	1	2
coriander	1 bag	1 bag
sweetcorn	½ tin	1 tin
mini flour tortillas	6	12
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*	½ cup	1 cup
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
sour cream	1 medium packet	1 large packet
shredded Cheddar cheese**	1 packet (50g)	1 packet (100g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3432kJ (820Cal)	565kJ (135Cal)
Protein (g)	29.1g	4.8g
Fat, total (g)	40.1g	6.6g
- saturated (g)	22.3g	3.7g
Carbohydrate (g)	69g	11.4g
- sugars (g)	15.6g	2.6g
Sodium (mg)	1595mg	263mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3880kJ (927Cal)	613kJ (147Cal)
Protein (g)	35g	5.5g
Fat, total (g)	49.5g	7.8g
- saturated (g)	28g	4.4g
Carbohydrate (g)	69g	10.9g
- sugars (g)	15.6g	2.5g
Sodium (mg)	1768mg	280mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Slice the **red onion** in half. Thinly slice 1/2 the **onion**, then finely chop the remaining **onion**. Finely chop the **garlic** and **celery**. Drain and rinse the **lentils**. In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**. Scrunch the sliced **onion** in your hands, then add to the **pickling liquid** with just enough **water** to cover the onion. Stir to coat and set aside.



Start the lentil mixture

SPICY! You may find the spice blend hot! Feel free to add less, depending on your taste. While the tortilla chips are baking, return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the chopped **onion** and the **celery**, 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) and cook, stirring, until the spinach has wilted, **1-2 minutes**.



Make the salsa

Finely chop the **tomato** and **coriander** (reserve some for garnish!). Drain the **sweetcorn** (see ingredients). Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl. Add the **tomato**, **coriander** and some **pickling liquid** (1 tsp for 2 people / 2 tsp for 4 people) to the **charred corn**. Season with **salt** and **pepper** and set aside.

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



Finish the lentil mixture

Stir the **tomato paste**, **butter** and the **water** through the **lentil mixture**, then season. 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 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!



Bake the tortilla chips

Cut the **mini flour tortillas** into wedges, then place on a lined oven tray. Drizzle (or spray) with **olive oil**, season and toss to coat. Spread out evenly, then bake until golden, **6-8 minutes**.

TIP: If the tortilla wedges don't fit in one layer, divide them between two trays.

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



Serve up

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

Enjoy!