



SPEEDY MEXICAN BEAN NACHOS

with Tortilla Chips & Avo Smash



Bake homemade tortilla chips!



Mini Flour Tortillas



Brown Onion



Red Capsicum



Garlic



Red Kidney Beans



Carrot



Mexican Fiesta Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Coriander



Lemon



Avocado



Sour Cream

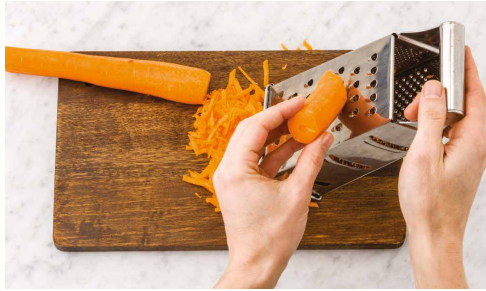
- Hands-on: **25 mins**
- Ready in: **30 mins**
- Spicy (Mexican Fiesta spice blend)

The Speedy Gonzales of weeknight dinners, this simple nacho dish is the greatest hit of delicious Mexican ingredients. From gooey cheese to homemade tortilla chips, tasty beans to good old avo, we dare you not to love it.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **two oven trays** lined with **baking paper** • **medium frying pan** with a **lid** (or **foil**)



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Cut the **mini flour tortillas** into 3cm wedges. Thinly slice the **brown onion**. Roughly chop the **red capsicum**. Finely chop the **garlic** (or use a garlic press). Drain and rinse the **red kidney beans**. Grate the **carrot** (unpeeled).



2 BAKE THE TORTILLA CHIPS

Place the **tortilla wedges** over two oven trays 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:** Keep an eye on them. You want them crisp, but not burnt!



3 START THE BEAN MIXTURE

SPICY! You may find the spice blend hot! Feel free to add less, depending on your taste. While the tortillas are baking, heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **onion** and **capsicum** and cook, stirring often, until softened, **3-4 minutes**. Add the **kidney beans** and **carrot** and cook until tender, **2 minutes**. Add the **garlic** and **Mexican Fiesta spice blend** and cook, stirring, until fragrant, **1-2 minutes**.



4 TOP WITH CHEESE

Stir through the **tomato paste** (see ingredients list) and **warm water**. Simmer until the sauce has thickened, **1-2 minutes**. Mash the **kidney beans** slightly with a fork. **TIP:** Add a splash of water if the mixture seems dry. Sprinkle the **shredded Cheddar cheese** over the bean mixture, cover with a lid or foil and cook until the cheese has melted, **2-3 minutes**.



5 MAKE THE AVO SMASH

While the bean mixture is cooking, finely chop the **coriander**. Cut the **lemon** (see ingredients list) into wedges. Using a spoon, scoop the **avocado** flesh out of the skin into a medium bowl. Add a **squeeze** of **lemon juice** and **1/2** the **coriander** to the **avocado** and mash with a fork. Season to taste with **salt** and **pepper**. **TIP:** Seasoning is key in this dish, so taste the avo smash and season with more salt, pepper or lemon juice if needed.



6 SERVE UP

Divide the bean mixture and tortilla chips between plates and top with **sour cream** and the avo smash. Sprinkle with the remaining coriander. Serve with the remaining lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
mini flour tortillas	6	12
brown onion	1	2
red capsicum	1	2
garlic	2 cloves	4 cloves
red kidney beans	1 tin	2 tins
carrot	1	2
Mexican Fiesta spice blend	1 sachet	2 sachets
tomato paste	2/3 tin	1 1/2 tins
warm water*	1/4 cup	1/2 cup
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
coriander	1 bunch	1 bunch
lemon	1/2	1
avocado	1	2
sour cream	1 packet (125g)	2 packets (250g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3340kJ (799Cal)	516kJ (123Cal)
Protein (g)	27.1g	4.2g
Fat, total (g)	40.6g	6.3g
- saturated (g)	15.4g	2.4g
Carbohydrate (g)	71.7g	11.1g
- sugars (g)	19.4g	3.0g
Sodium (g)	1510mg	234mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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