



Loaded Cheesy Lentil Nachos

with Corn Salsa & Sour Cream

Grab your Meal Kit
with this symbol



Mini Flour
Tortillas



Red Onion



Capsicum



Garlic



Lentils



Sweetcorn



Carrot



Tomato



Coriander



Baby Spinach
Leaves



Mexican Fiesta
Spice Blend



Tomato Paste



Shredded Cheddar
Cheese



Sour Cream



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, White Wine Vinegar, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mini flour tortillas	6	12
red onion	1	2
capsicum	1	2
garlic	2 cloves	4 cloves
lentils	1 tin	2 tins
sweetcorn	1 tin (125g)	1 tin (300g)
carrot	1	2
white wine vinegar*	¼ cup	½ cup
tomato	1	2
coriander	1 bag	1 bag
baby spinach leaves	1 bag (30g)	1 bag (60g)
Mexican Fiesta spice blend	½ sachet	1 sachet
tomato paste	1 sachet	2 sachets
butter*	20g	40g
water*	½ cup	1 cup
shredded Cheddar cheese	1 medium packet	1 large packet
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3680kJ (879Cal)	467kJ (111Cal)
Protein (g)	30.5g	3.9g
Fat, total (g)	41.1g	5.2g
- saturated (g)	19.3g	2.4g
Carbohydrate (g)	84.3g	10.7g
- sugars (g)	27.5g	3.5g
Sodium (mg)	1434mg	182mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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. Slice the **red onion** in half. Thinly slice 1/2 the **onion**, and finely chop the remainder. Finely chop the **capsicum**. Finely chop the **garlic**. Drain and rinse the **lentils**. Drain the **sweetcorn**. Grate the **carrot** (unpeeled). In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the sliced **onion** in your hands, then add to the bowl. Add just enough **water** to cover the onion and stir to coat. Set aside.

4



Start the lentil mixture

SPICY! You may find the spice blend hot! Feel free to add less, depending on your taste. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **capsicum**, **carrot** and chopped **onion** until softened, **3-4 minutes**. Add the **lentils** and cook until tender, **2 minutes**. Add the **garlic** and **Mexican Fiesta spice blend** (see ingredients) and cook, stirring, until fragrant, **1-2 minutes**.

2



Make the salsa

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Add the **corn** kernels and cook until lightly browned, **4-5 minutes**. While the corn is charring, finely chop the **tomato** and **coriander** (reserve some for garnish!). Roughly chop the **baby spinach leaves**. In a medium bowl, combine the **tomato**, **spinach**, charred **corn**, **coriander** and **pickling liquid** (1 tsp for 2 people / 2 tsp for 4 people). Season with **salt** and **pepper**.

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

5



Finish the lentil mixture

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

3



Bake the tortilla chips

Place the **tortilla** wedges in a single layer 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, **sour cream**, corn salsa, pickled onion and reserved coriander.

Enjoy!