



Loaded Lentil Cheesy 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, 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

Large frying pan · Oven tray lined with baking paper

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
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 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3617kJ (864Cal)	461kJ (110Cal)
Protein (g)	30g	3.8g
Fat, total (g)	40.9g	5.2g
- saturated (g)	19.3g	2.5g
Carbohydrate (g)	81.7g	10.4g
- sugars (g)	25.3g	10.4g
Sodium (mg)	1434mg	183mg

The quantities provided above are averages only.

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**. 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. 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 if you're sensitive to heat. 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. Cook the **sweetcorn** until lightly charred, **4-5 minutes**. Meanwhile, finely chop the **tomato** and **coriander** (reserve some for garnish!). Roughly chop the **baby spinach leaves**. In a medium bowl combine the **tomato**, **baby spinach leaves**, 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 corn kernels are "popping" out.

5



Finish the lentil mixture

Stir through the **tomato paste**, **butter**, **water** and then season. 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 a lined oven tray. 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, divide them between 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!

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