



Everything
But The Chef

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Aztec Vegetarian Tortilla Bowl

The Aztecs came up with some great concepts: the calendar, soccer, herbalism and corn chips (date of the apocalypse? Less reliable, but we won't hold that against them). Naturally we've re-engineered one of those historic ideas with our tortilla bowl. Dig in like those wise ancient inventors!



Prep: 15 mins

Cook: 15 mins

Total: 30 mins



level 1



veggie



pantry items



Red Onion



Mexican Spice Mix



Red Kidney Beans



Zucchini



Carrot



Tomato



Corn Tortillas



Avocado



Coriander



Lime

| 2P | 4P | Ingredients |
|----------------|--------|---|
| 2 tsp | 1 tbs | olive oil, plus extra oil for brushing* |
| 1 | 2 | red onion, finely chopped |
| 2 tsp | 1 tbs | HelloFresh Mexican Spice Mix |
| 1 tin | 2 tins | red kidney beans, drained & rinsed |
| 1 | 2 | zucchini, grated |
| 1 | 2 | carrot, peeled & grated |
| 1 | 2 | tomato, diced |
| 4 | 8 | corn tortillas, cut into triangular quarters A |
| 1 | 2 | avocado, cubed |
| 1 | 2 | lime, cut into wedges |
| Garnish | | coriander leaves |

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

| | | |
|--------------|------|----|
| Energy | 2080 | Kj |
| Protein | 13.6 | g |
| Fat, total | 24.8 | g |
| -saturated | 4.6 | g |
| Carbohydrate | 46.8 | g |
| -sugars | 11.4 | g |
| Sodium | 748 | mg |

Measuretool

| | | |
|------|------|------|
| 0 cm | 1 cm | 2 cm |
| | | |



1 Preheat the oven to **200°C/180°C** fan-forced.

2 Heat the **olive oil** in a frying pan over a medium-high heat. Add the **red onion** and cook for **5 minutes**, or until soft. Add the **HelloFresh Mexican Spice Mix** and cook stirring for **1 minute** or until fragrant. Add the **red kidney beans**, **zucchini**, **carrot**, and **tomato** and cook for **5 minutes**, or until the vegetables are tender.



3 Meanwhile, brush the **corn tortillas** with some oil (or use an oil spray if you have one) and lay out flat on a baking tray. Cook in the oven for **5-6 minutes** or until golden and crisp.

4 To serve, divide tortillas, bean mixture, **avocado**, **lime wedges**, and **coriander** between bowls.



Did you know? Avocados mature on the tree but only ripen once they're picked. They can stay on a tree for up to 18 months, isn't that amazing?!