



Everything
But The Chef

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Aztec Tortilla Bowl

If ever there was a healthy corn chip, these homemade tortilla chips are it. You could even prepare these ahead of time and store in a cool dry place, like a zip lock bag – talk about simple. Beans, spices and creamy, soft avocado are likely a welcome change from the heavy meals and overeating you may have recently indulged in (don't worry, our lips are sealed). This meal also works perfectly as a snack to share for when unexpected guests pop in!

Prep: 10 mins
Cook: 20 mins
Total: 30 mins

level 1
 lactose free
 gluten free
 vegan
 spicy

Pantry Items



Olive Oil



Red Onion



Garlic



Mexican Spice Mix



Red Kidney Beans



Zucchini



Diced Tomatoes



White Corn
Tortillas



Avocado



Lime

| 2P | 4P | Ingredients | |
|---------|----------|--|---|
| 2 tsp | 1 tbs | olive oil * | |
| ½ | 1 | red onion, finely chopped | ⊕ |
| 1 clove | 2 cloves | garlic, peeled & crushed | ⊕ |
| 2 tsp | 1 tbs | Mexican spice mix | |
| 1 | 2 | zucchini, grated | ⊕ |
| 1 tin | 2 tins | red kidney beans, drained & rinsed | |
| 1 tin | 2 tins | diced tomatoes | |
| 3 | 6 | white corn tortillas, cut into triangles | A |
| 1 | 2 | avocado, diced | |
| ½ | 1 | lime, cut into wedges | ⊕ |

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

| | | |
|--------------|------|----|
| Energy | 1860 | Kj |
| Protein | 13.3 | g |
| Fat, total | 22.9 | g |
| -saturated | 4.4 | g |
| Carbohydrate | 39.6 | g |
| -sugars | 10.1 | g |
| Sodium | 292 | mg |

Measuretool

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

A



You will need: *chef's knife, chopping board, garlic crusher, box grater, sieve, medium frying pan, and an baking paper lined oven tray.*

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

2 Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **3 minutes** or until soft. Add the **garlic** and **Mexican spice mix** and cook for **1 minute** or until fragrant. Add the **zucchini**, **red kidney beans**, **diced tomatoes** and bring to the boil. Reduce the heat to medium-low and simmer for **10-15 minutes** or until the sauce thickens a little.

3 Meanwhile, brush or spray the **corn tortilla triangles** with a little oil and lay them flat on the lined oven tray. Cook in the oven for **10 minutes** or until golden and crisp.

4 To serve, divide the tortilla triangles, Mexican bean mixture, **avocado** and **lime wedges** between bowls.

2a



2b



2c



Did you know? Is your avocado a bit tough? Pop it in a brown paper bag with a banana to speed up the ripening process.