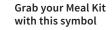


Fiery Plant-Based Mince Nachos with Charred Corn Salsa & Tortilla Chips

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR











Garlic

Sweetcorn



Mini Flour Tortillas

Plant-Based





Mexican Fiesta Tomato Paste Spice Blend





Baby Spinach Leaves

Plant-Based Coconut Yoghurt



Coriander



Prep in: 20-30 mins Ready in: 30-40 mins



You're going to want to pile your plate up high with this fiery nachos, which happens to be both meatless and dairy-free, thanks to two plant-based ingredients - the mince and the yoghurt.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan \cdot Oven tray lined with baking paper

Ingredients

| ingi calcino | | | | |
|------------------------------|-----------------|--------------------------------------|--|--|
| | 2 People | 4 People | | |
| olive oil* | refer to method | refer to method | | |
| capsicum | 1 | 2 | | |
| tomato | 1 | 2 | | |
| garlic | 2 cloves | 4 cloves | | |
| sweetcorn | 1 tin (125g) | 1 tin (300g) | | |
| white wine vinegar* | drizzle | drizzle | | |
| mini flour tortillas | 6 | 12 | | |
| plant-based mince | 1 packet | 2 packets | | |
| Mexican Fiesta spice blend 🥖 | 1 medium sachet | 1 large sachet | | |
| tomato paste | 1 packet | 2 packets | | |
| water* | ½ cup | 1 cup | | |
| baby spinach leaves | 1 small bag | 1 medium bag | | |
| plant-based coconut yoghurt | 1 medium packet | 1 large packet | | |
| coriander | 1 bag | 1 bag | | |
| pork mince** | 1 small packet | 2 small packets OR 1 large packet | | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|-----------------------|
| Energy (kJ) | 2544kJ (608Cal) | 524kJ (125Cal) |
| Protein (g) | 28.1g | 5.8g |
| Fat, total (g) | 24.3g | 5g |
| - saturated (g) | 8.1g | 1.7g |
| Carbohydrate (g) | 63.3g | 13g |
| - sugars (g) | 15.8g | 3.3g |
| Sodium (mg) | 1705mg | 351mg |
| 0 1 5 1 | | |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2637kJ (630Cal) | 517kJ (124Cal) |
| Protein (g) | 39.8g | 7.8g |
| Fat, total (g) | 24.9g | 4.9g |
| - saturated (g) | 10.8g | 2.1g |
| Carbohydrate (g) | 57.8g | 11.3g |
| - sugars (g) | 14.7g | 2.9g |
| Sodium (mg) | 1181mg | 231mg |

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.

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Preheat oven to 200°C/180°C fan-forced.
- Roughly chop capsicum and tomato.
- Finely chop garlic.
- Drain sweetcorn.



Char the corn

- Heat a large frying pan over high heat. Cook corn, tossing, until lightly browned,
 4-5 minutes.
- Transfer charred corn to a bowl. Allow to cool slightly, then add tomato, a drizzle of olive oil and the white wine vinegar. Toss to combine. Season to taste.

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



Bake the tortilla chips

- Meanwhile, cut mini flour tortillas into wedges.
- Place tortilla wedges in a single layer on a lined oven tray. Drizzle (or spray) with olive oil, season with a pinch of salt and pepper and turn 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.



Start the topping

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook capsicum until softened, 4-5 minutes.
- Add plant-based mince and cook until browned,
 2-3 minutes.
- SPICY! This spice blend is hot. Add less if you're sensitive to heat. Add garlic, Mexican Fiesta spice blend and tomato paste and cook, stirring, until fragrant, 1 minute.
- Add the water and simmer until slightly reduced, 1-2 minutes.

TIP: Add another splash of water to loosen the mixture, if needed.

Custom Recipe: If you've swapped to pork mince, cook pork mince in the same way as the plant-based mince.



Finish the topping

· Stir in baby spinach leaves until wilted.



Serve up

- Divide tortilla chips between plates.
- Top with fiery plant-based mince and a dollop plant-based coconut yoghurt.
- Tear over **coriander** to serve. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate