



# Fiery Plant-Based Mince Nachos

with Charred Corn Salsa & Tortilla Chips

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Capsicum



Tomato



Garlic



Sweetcorn



Mini Flour Tortillas



Plant-Based Mince



Mexican Fiesta Spice Blend



Tomato Paste



Baby Spinach Leaves



Plant-Based Coconut Yoghurt



Coriander



Pork Mince

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



Plant Based\*  
*\*Custom Recipe is not Plant Based*



Calorie Smart

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 · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
capsicum	1	2
tomato	1	2
garlic	2 cloves	4 cloves
sweetcorn	1 tin (125g)	1 tin (300g)
<b>white wine vinegar*</b>	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
<b>water*</b>	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

### 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](https://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**.



## 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.



## 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.



## Finish the topping

- Stir in **baby spinach leaves** until wilted.



## 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.



## 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

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