



Fiery Black Bean Tortilla Stack

with Jalapeño Salsa & Sour Cream

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Onion



Carrot



Black Beans



Corn Kernels



Mexican Fiesta Spice Blend



Tomato Paste



Mini Flour Tortillas



Cheddar Cheese



Tomato



Cucumber



Pickled Jalapeños (Optional)



Light Sour Cream



Beef Mince

Prep in: 30-40 mins
Ready in: 40-50 mins

What's not to love about a vegetarian tortilla stack? Our version is filled with black beans and veggies coated in our Mexican Fiesta spice blend, plus layers of oozy melted cheese, and served with a refreshing salsa and a dollop of sour cream. It'll take dinner to a new height!

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
olive oil*	refer to method	refer to method
brown onion	1	2
carrot	1	2
black beans	1 box	2 boxes
corn kernels	1 small tin	2 small tins
Mexican Fiesta spice blend 	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
water*	½ cup	1 cup
mini flour tortillas	6	12
Cheddar cheese	1 large packet	2 large packets
tomato	1	2
cucumber	1	2
pickled jalapeños (optional) 	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
light sour cream	1 medium packet	1 large packet
beef 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)	3521kJ (842Cal)	473kJ (113Cal)
Protein (g)	38.7g	5.2g
Fat, total (g)	34.5g	4.6g
- saturated (g)	15.5g	2.1g
Carbohydrate (g)	84.8g	11.4g
- sugars (g)	22.4g	3g
Sodium (mg)	1856mg	249mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4467kJ (1068Cal)	514kJ (123Cal)
Protein (g)	66.3g	7.6g
Fat, total (g)	47.3g	5.4g
- saturated (g)	21.1g	2.4g
Carbohydrate (g)	84.8g	9.8g
- sugars (g)	22.4g	2.6g
Sodium (mg)	1930mg	222mg

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 **220°C/200°C fan-forced**.
- Finely chop **brown onion**.
- Grate **carrot**.
- Drain and rinse **black beans** and **corn kernels**.

Custom Recipe: If you've added beef mince, only drain and rinse half the black beans.



Bake the stack

- Place one **mini flour tortilla** on an oven tray. Top with one portion of the **bean mixture** and spread in an even layer. Sprinkle with a little **Cheddar cheese** (save some for the top!), then top with another **tortilla**. Add the next portion of **bean mixture** on top, then sprinkle with **cheese** and top with another **tortilla**. Repeat until all **tortillas** and **bean mixture** have been used up.
- Sprinkle remaining **Cheddar cheese** over the top. Bake until cheese is melted and golden, **10-12 minutes**.

TIP: If you're cooking for 4 people, build two stacks.

Custom Recipe: Top tortillas with beef and bean mixture as above.



Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **carrot**, stirring, until softened, **5-6 minutes**.

Custom Recipe: Before cooking the veggies, heat a large frying pan over medium-high heat. Cook beef mince (no need for oil!), breaking up beef with a spoon, until just browned, 4-5 minutes. Add the veggies and continue as above.



Make the salsa

- While the stack is baking, roughly chop **tomato**, **cucumber** and **pickled jalapeños** (if using).
- In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add **cucumber**, **tomato** and **jalapeños**. Toss to coat.



Make it saucy

- **SPICY!** You may find the spice blend hot. Add less if you're sensitive to heat. Add **corn** and **black beans** and cook, stirring, until softened, **2-3 minutes**. Add **Mexican Fiesta spice blend** and **tomato paste** and cook until fragrant, **1-2 minutes**.
- Stir in the **water**, then simmer until slightly thickened, **1-2 minutes**. Season with **salt** and **pepper**. Divide **mixture** into equal portions (5 portions for 2 people / 10 portions for 4 people).



Serve up

- Using a bread knife, cut tortilla stack into wedges (like a cake!) and divide between plates.
- Top with **light sour cream**. Serve with tomato, cucumber and **jalapeño** salsa. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate