



Alan's Mexican Veggie Tortilla Stack

with Salsa & Sour Cream

Grab your Meal Kit with this symbol



Brown Onion



Carrot



Corn



Black Beans



Mexican Fiesta Spice Blend



Tomato Paste



Mini Flour Tortillas



Shredded Cheddar Cheese



Cucumber



Tomato



Lemon



Sour Cream

Hands-on: 30-40 mins
 Ready in: 40-50 mins

Spicy (Mexican Fiesta spice blend)

When Alan suggested we create a vegetarian tortilla stack, we got right onto it. Not only because he's a nice guy, but because he's our Director of Finance! So, here it is (just in time for pay day) – filled with black beans and veggies coated in our Mexican Fiesta spice blend, plus layers of oozy melted cheese, and topped with salsa and sour cream.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
corn	1 cob	2 cobs
black beans	1 tin	2 tins
Mexican Fiesta spice blend	½ sachet	1 sachet
tomato paste	1 sachet	2 sachets
water*	½ cup	1 cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (100g)	2 packets (200g)
cucumber	1	2
tomato	1	2
lemon	½	1
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3766kJ (900Cal)	522kJ (124Cal)
Protein (g)	35.5g	4.9g
Fat, total (g)	41.4g	5.7g
- saturated (g)	19.1g	2.6g
Carbohydrate (g)	84.3g	11.7g
- sugars (g)	25.2g	3.5g
Sodium (mg)	1547mg	214mg

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.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion**. Grate the **carrot** (unpeeled). Slice the kernels off the **corn** cob. Drain and rinse the **black beans**, then transfer to a medium bowl. Roughly mash the **beans** with a potato masher or fork.



Start the filling

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



Make the sauce

SPICY! The spice blend is hot, use less if you're sensitive to heat. Add the **Mexican Fiesta spice blend** (see ingredients) and cook, stirring, until fragrant, **1 minute**. Add the **corn**, **black beans** and **tomato paste** and stir to combine. Add the **water**, stir to combine and bring to a simmer. Season with **salt** and **pepper**. Divide the **mixture** into equal portions (5 portions for 2 people / 10 portions for 4 people).



Bake the stack

Place **1 mini flour tortilla** on an oven tray lined with baking paper. Top the **tortilla** with 1 portion of the **bean mixture** and spread in an even layer. Sprinkle with a little **shredded Cheddar cheese** (save 1/2 for the top!) and 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 the **tortillas** and **bean mixture** are used up. Sprinkle the **remaining shredded Cheddar cheese** over the stack and bake until the cheese is melted and golden, **10-12 minutes**.

TIP: If making for 4 people, build 2 stacks of tortillas.



Make the salsa

While the tortilla stack is baking, roughly chop the **cucumber** and **tomato**. Cut the **lemon** into wedges. In a medium bowl, combine a squeeze of **lemon juice** (see ingredients) with a drizzle of **olive oil** and season with **salt** and **pepper**. Add the **cucumber** and **tomato** and stir to coat.



Serve up

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

Enjoy!