



Alan's Mexican Veggie Tortilla Stack

with Tomato, Cucumber & Jalapeño Salsa

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Onion



Carrot



Corn



Black Beans



Mexican Fiesta Spice Blend



Tomato Paste



Mini Flour Tortillas



Tomato



Cucumber



Shredded Cheddar Cheese



Pickled Jalapeños (Optional)



Light Sour Cream



Beef Mince

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

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 served with a refreshing salsa and a dollop of sour cream.

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

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 	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
water*	½ cup	1 cup
mini flour tortillas	6	12
shredded 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	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3409kJ (815Cal)	489kJ (117Cal)
Protein (g)	32.1g	4.6g
Fat, total (g)	34.6g	5g
- saturated (g)	15.5g	2.2g
Carbohydrate (g)	85.7g	12.3g
- sugars (g)	26.6g	3.8g
Sodium (mg)	1775mg	255mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4354kJ (1041Cal)	530kJ (127Cal)
Protein (g)	59.7g	7.3g
Fat, total (g)	47.4g	5.8g
- saturated (g)	21.1g	2.6g
Carbohydrate (g)	85.7g	10.4g
- sugars (g)	26.6g	3.2g
Sodium (mg)	1850mg	225mg

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

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Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **brown onion**. Grate **carrot**. Slice kernels off **corn cob**.
- Drain and rinse **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 **shredded Cheddar cheese** (save 1/2 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 are used up.
- Sprinkle remaining **shredded Cheddar cheese** over the top. Bake until cheese is melted and golden, **10-12 minutes**.

TIP: If making for 4 people, build two stacks.



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: If you've added beef mince, add mince after carrot and cook, breaking up with spoon, until browned, 4-5 minutes. Drain oil from pan before continuing with the next step.



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

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