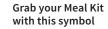


Alan's Mexican Veggie Tortilla Stack with Tomato, Cucumber & Jalapeño Salsa

CLIMATE SUPERSTAR













Black Beans

Corn



Mexican Fiesta



Spice Blend





Mini Flour Tortillas





Cucumber



Tomato



Pickled Jalapeños (Optional)





Light Sour Cream



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.

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	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 Posins		

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





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.



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 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).



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.



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.



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!