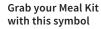


## Cheesy Black Bean Nachos with Corn Salsa & Sour Cream





Pantry items Olive Oil, White Wine Vinegar, Butter

Hands-on: 30-40 mins Eat Me Early\* • • 1 Ready in: 35-45 mins Spicy (Mexican Fiesta spice blend)

\*Custom recipe only

Get a load of this for a veggie masterpiece that looks just as amazing as it tastes! Crunchy tortilla wedges are piled high with a cheese-topped black bean mix, corn salsa, sour cream, pickled onion and coriander.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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

<u> </u>		
	2 People	4 People
olive oil*	refer to method	refer to method
mini flour tortillas	6	12
red onion	1	2
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
black beans	1 tin	2 tins
sweetcorn	1 tin (125g)	<b>1 tin</b> (300g)
carrot	1	2
chargrilled capsicum strips	1 medium packet	2 medium packets
white wine vinegar*	¼ cup	½ cup
coriander	1 bag	1 bag
tomato salsa	1 medium packet	1 large packet
Mexican Fiesta spice blend	½ sachet	1 sachet
water*	1⁄2 cup	1 cup
tomato paste	1 packet	2 packets
butter*	20g	40g
shredded Cheddar cheese	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3871kJ (925Cal)	456kJ (108Cal)
Protein (g)	36.3g	4.3g
Fat, total (g)	39.6g	4.7g
- saturated (g)	17.5g	2.1g
Carbohydrate (g)	89.3g	10.5g
- sugars (g)	24.4g	2.9g
Sodium (mg)	1646mg	194mg

#### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4621kJ (1104Cal)	456kJ (108Cal)
Protein (g)	69.3g	6.8g
Fat, total (g)	44.7g	4.4g
- saturated (g)	19.1g	1.9g
Carbohydrate (g)	89.3g	8.8g
- sugars (g)	24.4g	2.4g
Sodium (mg)	1738mg	171mg
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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. If you have any questions or concerns, please visit hellofresh.com.au/contact **2022** | CW03



#### Get prepped

Preheat the oven to 200°C/180°C fan-forced. Cut the mini flour tortillas into wedges. Slice the red onion in half. Thinly slice 1/2 the onion, then finely chop the remainder. Finely chop the garlic and celery. Drain and rinse the black beans. Drain the sweetcorn. Grate the carrot. Roughly chop the chargrilled capsicum strips. In a small bowl, combine the white wine vinegar and a good pinch of sugar and salt. Scrunch the sliced onion in your hands, then add to the pickling liquid. Add enough water to just cover the onion, then set aside.



#### Start the bean mixture

**SPICY!** You may find the spice blend hot! Add less if you're sensitive to heat. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **celery**, **carrot** and chopped **onion** until softened, **3-4 minutes**. Add the **black beans** and cook, stirring, until tender, **2 minutes**. Add the **garlic** and **Mexican Fiesta spice blend** (see ingredients) and cook until fragrant, **1-2 minutes**.

#### CUSTOM RECIPE

If you've added chicken breast, cut chicken into 2cm chunks. Before cooking veggies, cook chicken until browned, 5-6 minutes. Transfer to a bowl, then continue as above. After cooking the beans, return chicken to pan along with the garlic and spice blend.



#### Make the salsa

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **corn** kernels until lightly charred, **4-5 minutes**. Meanwhile, finely chop the **coriander** (reserve some for garnish!). In a medium bowl, combine the charred **corn**, **coriander**, **tomato salsa** and some **pickling liquid** (1 tsp for 2 people / 2 tsp for 4 people). Season with **salt** and **pepper**.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.



#### Bake the tortilla chips

Place the **tortilla wedges** on a lined oven tray. Drizzle (or spray) with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Bake until golden, **6-8 minutes**.

**TIP:** If the tortilla wedges don't fit in one layer, divide them between two oven trays.



#### Finish the bean mixture

Stir through the **water**, **tomato paste** and **butter**. Simmer until the sauce is thickened, **1-2 minutes**. Season to taste. Sprinkle the chopped **chargrilled capsicum** and **shredded Cheddar cheese** on top, then cover with a lid or foil and reduce the heat to low. Cook until the cheese is melted, **2-3 minutes**.

**TIP:** Add another splash of water if the mixture seems dry.

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#### Serve up

Drain the pickled onion. Divide the tortilla chips between plates. Top with the cheesy black beans, **light sour cream**, corn salsa and pickled onion. Sprinkle with the reserved coriander to serve.

Enjoy!

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