



Cheesy Black Bean Nachos

with Corn Salsa & Sour Cream

Grab your Meal Kit with this symbol



Mini Flour Tortillas



Red Onion



Garlic



Celery



Black Beans



Sweetcorn



Carrot



Chargrilled Capsicum Strips



Coriander



Tomato Salsa



Mexican Fiesta Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Light Sour Cream



Chicken Breast

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **30-40 mins**
 Ready in: **35-45 mins**
 Spicy (Mexican Fiesta spice blend)

Eat Me Early*
**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.

Pantry items

Olive Oil, White Wine Vinegar, Butter

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
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)	1 tin (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*	½ 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

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.



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.



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.



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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