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## Lentil Nachos with Sour Cream, Guacamole & Coriander

Too long have lentils been the goody two-shoes of the food world. No more! They've put on a leather jacket and sunglasses and they're ready to ride off into the sunset with their bad boyfriends. After tasting these nachos with sour cream and guacamole, you'll be glad they did.



Prep: 15 mins

Cook: 15 mins

Total: 30 mins



level 1

### Pantry Items



Warm Water



Olive Oil



Wholemeal Mini Pita Pockets



Lentils



Carrot



Mexican Spice Mix



Garlic



Tomato Paste



Avocado



Coriander



Lite Sour Cream



Lime

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2P	4P	Ingredients
4	8	wholemeal mini pita pockets (recommended amount)
2 tsp	1 tbs	olive oil*
1 tin	2 tins	lentils, drained & rinsed
1	2	carrot, peeled & grated
½ sachet	1 sachet	Mexican spice mix (recommended amount)
2 cloves	4 cloves	garlic, peeled & crushed
1 sachet	2 sachets	tomato paste
⅓ cup	⅔ cup	warm water*
1	2	avocado, deseeded
1 bunch	2 bunches	coriander, leaves picked & roughly chopped
½ tub	1 tub	lite sour cream
1	2	lime, sliced into wedges

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2660	Kj
Protein	20.2	g
Fat, total	31.4	g
-saturated	10.4	g
Carbohydrate	59.4	g
-sugars	10.5	g
Sodium	629	mg



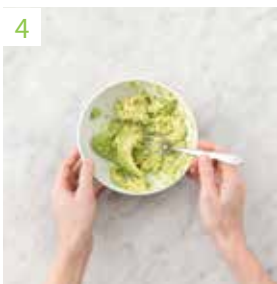
**You will need:** *chef's knife, chopping board, garlic crusher, vegetable peeler, pastry brush, oven tray lined with baking paper, medium frying pan, wooden spoon, medium bowl and fork.*

**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Brush the **wholemeal mini pita pockets** with a little **olive oil** (or use a spray oil) and then cut into triangles. Place the triangles on the prepared oven tray. (Note: you may need to two trays for this.) Cook for **5 minutes** in the oven, or until golden (watch they don't burn!). Remove and set aside.



**3** Meanwhile, heat the olive oil in a medium frying pan over a medium-high heat. Add the **lentils, carrot, Mexican spice mix** and **garlic** and cook, stirring, for **4-5 minutes**, or until soft and fragrant. Stir through the **tomato paste** and **warm water**. Simmer for **1-2 minutes**, or until the sauce has thickened.



**4** In a medium bowl mash the **avocado** with the **coriander** using a fork. Season with **salt** and **pepper**.

**5** To serve, divide the cooked pita triangles between bowls. Top with the Mexican lentils and a dollop of **lite sour cream**. Garnish with the guacamole and a squeeze of **lime**. Enjoy!



**Did you know?** Nachos are not commonly eaten for dinner in Mexico. Instead, a similar dish called 'chilaquiles' is eaten at breakfast time.