

Mexican Bean Nachos

with Mild Chipotle & Tomato Salsa

Grab your Meal Kit with this symbol



Mini Flour Tortillas



Brown Onion



Capsicum



Corn



Garlic



Black Beans



Zucchini



Tex-Mex Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Coriander



Tomato



Lime



Sour Cream



Mild Chipotle Sauce

Pantry items

Olive Oil

 Hands-on: 25-35 mins
Ready in: 30-40 mins

This feisty bean dish is packed full of goodness. The secret to its amazing flavour? A refreshing salsa made with juicy tomato, punchy coriander and zesty lime which goes perfectly with the veggie-packed bean mixture.

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

Oven tray lined with baking paper · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mini flour tortillas	6	12
brown onion	1	2
capsicum	1	2
corn	1 cob	2 cobs
garlic	2 cloves	4 cloves
black beans	1 tin	2 tins
zucchini	1	2
Tex-Mex spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
warm water*	½ cup	¾ cup
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
coriander	1 bag	1 bag
tomato	1	2
lime	½	1
sour cream	1 packet (100g)	1 packet (200g)
mild chipotle sauce	½ packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3470kJ (829Cal)	436kJ (104Cal)
Protein (g)	31.8g	4g
Fat, total (g)	33.8g	4.3g
- saturated (g)	13.6g	1.7g
Carbohydrate (g)	86.3g	10.9g
- sugars (g)	25.5g	3.2g
Sodium (mg)	1564mg	197mg

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.



Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Cut the **mini flour tortillas** into 3cm wedges. Thinly slice the **brown onion**. Roughly chop the **capsicum**. Slice the kernels off the **corn** cob. Finely chop the **garlic**. Drain and rinse the **black beans**. Grate the **zucchini**.



Top with cheese

Stir through the **warm water**. Simmer until the sauce has thickened, **3-4 minutes**. Sprinkle the **shredded Cheddar cheese** over the **bean mixture**, cover with a lid or foil and cook until the cheese has melted, **2-3 minutes**.



Bake the tortilla chips

Place the **tortilla wedges** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with a pinch of **salt** and **pepper** and toss to coat. Bake until golden, **8-10 minutes**.

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



Prep the salsa

While the bean mixture is cooking, roughly chop the **coriander** and **tomato**. Cut the **lime** (see ingredients) into wedges. In a small bowl, combine the **tomato**, **coriander** and a good squeeze of **lime juice**.



Start the bean mixture

SPICY! This is a mild spice blend, but if you're sensitive to heat, you may want to add less. While the tortillas are baking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **onion**, **capsicum** and **corn** and cook, stirring often, until softened, **3-4 minutes**. Add the **garlic**, **Tex-Mex spice blend** and **tomato paste** and cook, stirring, until fragrant, **1-2 minutes**. Add the **black beans** and **zucchini** and cook until tender, **2-3 minutes**.



Serve up

Divide the tortilla chips and bean mixture between plates and top with **sour cream**, tomato salsa and **mild chipotle sauce** (see ingredients). Serve with the remaining lime wedges.

Enjoy!