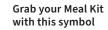
Mexican Bean Nachos

with Oven-Baked Tortilla Chips & Tomato Salsa









Tortillas













Red Kidney



Zucchini



Tex-Mex Spice Blend



Tomato Paste



Cheddar Cheese



Coriander





Tomato Salsa



Mild Chipotle Sauce



Pickled Jalapeños

Olive Oil



Beef Mince

Pantry items

This feisty bean dish is packed full of goodness. The secret to its amazing flavour? Plentiful toppings like tangy chipotle sauce, cooling sour cream and our new tomato salsa which go perfectly with the veggie-packed bean mixture.



Ready in: 30-40 mins

Spicy (pickled

jalapeños)

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

Oven tray lined with baking paper · Large frying pan

Ingredients

ingi edients			
2 People	4 People		
refer to method	refer to method		
6	12		
1	2		
1	2		
1 tin (125g)	1 tin (300g)		
2 cloves	4 cloves		
1 tin	2 tins		
1	2		
1 sachet	2 sachets		
1 packet	2 packets		
⅓ cup	⅔ cup		
1 medium packet	1 large packet		
1 bag	1 bag		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
½ packet	1 packet		
1 medium packet	1 large packet		
1 small packet	1 medium packet		
	2 People refer to method 6 1 1 1 tin (125g) 2 cloves 1 tin 1 1 sachet 1 packet ½ cup 1 medium packet 1 bag 1 medium packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

14001101011		
Avg Qty	Per Serving	Per 100g
Energy (kj)	3666kJ (876Cal)	439kJ (104Cal)
Protein (g)	34.2g	4.1g
Fat, total (g)	34.3g	4.1g
- saturated (g)	14.1g	1.7g
Carbohydrate (g)	93.2g	11.2g
- sugars (g)	29.2g	3.5g
Sodium (mg)	2313mg	277mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kj)	4554kJ (1088Cal)	474kJ (113Cal)
Protein (g)	62.2g	6.5g
Fat, total (g)	45.4g	4.7g
- saturated (g)	18.8g	2g
Carbohydrate (g)	93.2g	9.7g
- sugars (g)	29.2g	3g
Sodium (mg)	2398mg	250mg

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

2021 | CW34



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. Cut the capsicum into small chunks. Drain the sweetcorn. Finely chop the garlic. Drain and rinse the red kidney beans. Grate the zucchini.



Bake the tortilla chips

Place the **tortilla** wedges on a lined oven tray.

Drizzle with **olive oil**, season with **salt** and **pepper**, then toss to coat. Bake until golden, **8-10 minutes.**

TIP: If the tortilla wedges don't fit in one layer, spread them over 2 oven trays.



Start the bean mixture

SPICY! You may find the spice blend hot! Feel free to add less, depending on your taste. 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, 4-5 minutes. Add the garlic, Tex-Mex spice blend and tomato paste and cook, stirring, until fragrant, 1-2 minutes. Add the red kidney beans and zucchini and cook until tender, 2-3 minutes. Season with pepper to taste.

CUSTOM RECIPE

If you've upgraded to beef mince, before adding the garlic, add the beef mince and cook, breaking up with a spoon, until just browned, 3-4 minutes.



Top with cheese

Stir through the warm water. Simmer the bean mixture until it has thickened, 3-4 minutes. Add a splash of water if the mixture seems dry. 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.



Prep the coriander

While the cheese is melting, roughly chop the **coriander**.



Serve up

Divide the oven-baked tortilla chips between plates. Top with the Mexican bean mixture, **light sour cream** and **tomato salsa**. Drizzle over the **mild chipotle sauce** (if using). Serve sprinkled with the **pickled jalapeños** (if using) and coriander.

Enjoy!

Rate your recipe
Scan here to rate this recipe!

