

# Mexican Bean Nachos

with Oven-Baked Tortilla Chips & Tomato Salsa

Grab your Meal Kit with this symbol



Mini Flour Tortillas



Brown Onion



Capsicum



Sweetcorn



Garlic



Red Kidney Beans



Zucchini



Tex-Mex Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Coriander



Light Sour Cream



Tomato Salsa



Mild Chipotle Sauce



Pickled Jalapeños



Beef Mince

Hands-on: **25-35 mins**  
 Ready in: **30-40 mins**  
 Spicy (pickled jalapeños)

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.



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

**Pantry items**

Olive Oil



## 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

	2 People	4 People
olive oil*	refer to method	refer to method
mini flour tortillas	6	12
brown onion	1	2
capsicum	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
garlic	2 cloves	4 cloves
red kidney beans	1 tin	2 tins
zucchini	1	2
Tex-Mex spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
warm water*	½ cup	¾ cup
shredded Cheddar cheese	1 medium packet	1 large packet
coriander	1 bag	1 bag
light sour cream	1 medium packet	1 large packet
tomato salsa	1 medium packet	1 large packet
mild chipotle sauce	½ packet	1 packet
pickled jalapeños	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

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](https://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](https://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**.



## 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**.



## 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.



## Prep the coriander

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



## 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.



## 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

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