



Plant-Based Cheesy Mince Nachos

with Charred Corn Salsa & Tortilla Chips

Grab your Meal Kit with this symbol



Capsicum



Garlic



Sweetcorn



Tomato



Mini Flour Tortillas



Mexican Fiesta Spice Blend



Tomato Paste



Vegetable Stock Powder



Baby Spinach Leaves



Coriander



Plant-Based Mince



Plant-Based Shredded Cheddar Cheese



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins



Plant Based*
**Custom Recipe is not Plant Based*

Calorie Smart

You're going to want to pile your plate up high with these fiery nachos, which happens to be both meatless and dairy-free, thanks to two plant-based ingredients - the mince and the cheese.

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

Pantry items

Olive Oil, White Wine Vinegar

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 with a lid (or foil) · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
garlic	2 cloves	4 cloves
tomato	1	2
sweetcorn	1 tin (125g)	1 tin (420g)
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
plant-based mince	1 packet	2 packets
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water*	½ cup	1 cup
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
plant-based shredded Cheddar cheese	1 medium packet	1 large packet
coriander	1 bag	1 bag
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2483kJ (593Cal)	519kJ (124Cal)
Protein (g)	28.2g	5.9g
Fat, total (g)	26.2g	5.5g
- saturated (g)	9.6g	2g
Carbohydrate (g)	67.8g	14.2g
- sugars (g)	15.8g	3.3g
Sodium (mg)	2686mg	562mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2575kJ (615Cal)	512kJ (122Cal)
Protein (g)	39.8g	7.9g
Fat, total (g)	26.7g	5.3g
- saturated (g)	12.4g	2.5g
Carbohydrate (g)	62.3g	12.4g
- sugars (g)	14.6g	2.9g
Sodium (mg)	2163mg	430mg

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW40



1



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Roughly chop **capsicum**. Finely chop **garlic**. Set aside.
- Roughly chop **tomato**. Drain the **sweetcorn**.

4



Start the topping

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **capsicum** until softened, **4-5 minutes**.
- Add **plant-based mince** and cook, breaking up with a spoon, until browned, **2-3 minutes**.
- **SPICY!** You might find the spice blend hot. Add less if you're sensitive to heat. Add **garlic**, **Mexican Fiesta spice blend** and **tomato paste** and cook, stirring, until fragrant, **1 minute**.
- Add the **water** and **vegetable stock powder**. Simmer until slightly reduced, 1-2 minutes.

TIP: Add another splash of water to loosen the mixture, if needed.

Custom Recipe: If you've swapped to beef mince, cook the beef mince, breaking up with a spoon, until browned, 3-4 minutes. Drain oil from pan. Continue with the step, as above.

2



Char the corn & toss the salsa

- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**.
- Transfer charred **corn** to a bowl. Allow to cool slightly, then add **tomato** and a drizzle of **olive oil** and **white wine vinegar**. Toss to combine. Season to taste. Set aside.

TIP: Cover the pan with a lid if the kernels are "popping" out.

5



Finish the topping

- Stir in **baby spinach leaves** until wilted.
- Sprinkle with **plant-based shredded Cheddar cheese**, then cover with a lid or foil and reduce heat to low.
- Cook until cheese is slightly melted, **2-3 minutes**.

3



Bake the tortilla chips

- While the corn is charring, cut **mini flour tortillas** into wedges.
- Place **tortilla wedges** in a single layer on a lined oven tray. Drizzle (or spray) with **olive oil**, season with a pinch of **salt** and **pepper** and turn to coat.
- Bake until golden, **6-8 minutes**.

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

6



Serve up

- Divide plant-based cheesy mince and tortilla chips between bowls.
- Top mince with charred corn salsa. Tear over **coriander** to serve. Enjoy!

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