



SPEEDY MEXICAN BEAN NACHOS

with Homemade Chips & Guac



Make your own
tortilla chips



Mini Flour Tortillas



Red Kidney Beans



Carrot



Zucchini



Mexican Fiesta
Spice Blend



Tomato Paste



Shredded Cheddar
Cheese



Coriander



Avocado



Greek Yoghurt



Hands-on: **20** mins
Ready in: **25** mins
Spicy (Mexican Fiesta
spice blend)

The Speedy Gonzalez of weeknight dinners, this simple nacho dish is the greatest hits of delicious Mexican ingredients. From gooey cheese to homemade tortilla chips, tasty beans to good old avo, we dare you not to love it.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, colander, box grater, pastry brush** (optional), **two oven trays** lined with **baking paper, medium frying pan, wooden spoon, fork** and **medium bowl**.



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Slice the **mini flour tortillas** into 3cm wedges. Drain and rinse the **red kidney beans**. Grate the **carrot** (unpeeled). Grate the **zucchini**.



2 MAKE THE TORTILLA CHIPS

Arrange the **tortilla** wedges in an even layer over the oven tray lined with baking paper. **TIP:** Spread them over two trays if you need more space! Drizzle with **olive oil**, season with a **pinch of salt** and **pepper** and toss to coat. Transfer to the oven to bake for **5 minutes**, or until golden.



3 MAKE THE BEAN MIXTURE

While the tortillas are baking, heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **kidney beans, carrot, zucchini** and **Mexican Fiesta spice blend** and cook, stirring, for **2-3 minutes** or until softened. Stir through the **tomato paste** and **warm water** (see ingredients list). Simmer for **1-2 minutes**, or until the sauce has thickened. **TIP:** Add a **dash of water** if the beans seem dry. Mash the kidney beans slightly with a fork.



4 MELT THE CHEESE

Sprinkle the **shredded Cheddar cheese** over the bean mixture, cover with a lid or foil and cook for **2-3 minutes**, or until the cheese has melted.



5 MAKE THE GUAC

While the beans are cooking, finely chop the **coriander** leaves. Using a spoon, scoop the **avocado** flesh out of the skin into a medium bowl. Add **1/2** the **coriander** to the avocado and mash with a fork. Season to taste with **salt** and **pepper**.



6 SERVE UP

Divide the tortilla chips and beans between plates and top with Greek yoghurt and the guac. Garnish with the remaining coriander.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
mini flour tortillas	6	12
red kidney beans	1 tin	2 tins
carrot	1	2
zucchini	1	2
Mexican Fiesta spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
warm water*	¼ cup	½ cup
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)
coriander	1 bunch	1 bunch
avocado	1	2
Greek yoghurt	1 tub (100 g)	2 tubs (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3770kJ (900Cal)	558kJ (133Cal)
Protein (g)	29.5g	4.4g
Fat, total (g)	51.6g	7.6g
- saturated (g)	13.8g	2.0g
Carbohydrate (g)	68.7g	10.2g
- sugars (g)	14.6g	2.2g
Sodium (g)	1590mg	236mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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