



Alan's Mexican Tortilla Stack

with Salsa & Sour Cream

Grab your Meal Kit with this symbol



Brown Onion



Carrot



Sweetcorn



Black Beans



Mexican Fiesta Spice Blend



Tomato Paste



Mini Flour Tortillas



Shredded Cheddar Cheese



Cucumber



Tomato



Lime



Sour Cream

Hands-on: **30-40 mins**
 Ready in: **40-50 mins**
Spicy (Mexican Fiesta spice blend)

When Alan suggested we create a vegetarian tortilla stack, we got right onto it. Not only because he's a nice guy, but because he's our Head of Finance! So, here it is (just in time for pay day) – filled with black beans and veggies coated in our Mexican Fiesta spice blend, plus layers of oozy melted cheese, and topped with salsa and sour cream.

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 too.

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
black beans	1 tin	2 tins
Mexican Fiesta spice blend	½ sachet	1 sachet
tomato paste	1 sachet	2 sachets
water*	½ cup	1 cup
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (100g)	2 packets (200g)
cucumber	1	2
tomato	1	2
lime	½	1
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3430kJ (820Cal)	474kJ (113Cal)
Protein (g)	34.7g	4.8g
Fat, total (g)	36.1g	5.0g
- saturated (g)	18.1g	2.5g
Carbohydrate (g)	87.1g	12.0g
- sugars (g)	21.4g	3.0g
Sodium (g)	1860mg	257mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion**. Grate the **carrot** (unpeeled). Drain the **sweetcorn**. Drain and rinse the **black beans**, then transfer to a medium bowl and roughly mash the beans with a potato masher or fork.



2. Start the filling

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and **carrot** and cook, stirring, until softened, **5-6 minutes**.



3. Make it saucy

SPICY! *The spice blend is hot, use less if you're sensitive to heat.* Add the **Mexican Fiesta spice blend** (see ingredients list) to the pan and cook, stirring, until fragrant, **1 minute**. Add the **sweetcorn**, mashed **black beans** and **tomato paste** and stir to combine. Add the **water**, stir to combine and bring to a simmer. Season to taste with **salt** and **pepper**. Divide the mixture into equal portions (**5 portions for 2 people / 10 portions for 4 people**).



4. Bake the tortilla stack

Place **1 mini flour tortilla for 2 people / 2 mini flour tortillas for 4 people** on an oven tray lined with baking paper. Top the tortilla with **1 portion of the bean mixture** and spread evenly. Sprinkle with a little **shredded Cheddar cheese** (save 1/2 for the top!) and top with another **tortilla**. Add the next portion of **bean mixture**, then sprinkle with **cheese** and top with another **tortilla**. Repeat until all the tortillas and bean mixture are used up. Sprinkle with the **reserved shredded Cheddar cheese**. Bake until the cheese is melted and golden, **10-12 minutes**.



5. Make the salsa

While the tortilla stack is baking, roughly chop the **cucumber** and **tomato**. In a medium bowl, combine a **squeeze of lime juice** (see ingredients list) with a **drizzle of olive oil** and a **pinch of salt** and **pepper**. Add the **cucumber** and **tomato** and stir to coat.



6. Serve up

Using a bread knife, cut the tortilla stack into wedges (like a cake!) and divide between plates. Top with **sour cream** and serve with the tomato-cucumber salsa.

Enjoy!