



Cheesy Lentil Nachos

with Corn Salsa & Sour Cream

Grab your Meal Kit
with this symbol



Mini Flour
Tortillas



Red Onion



Celery



Garlic



Lentils



Sweetcorn



Carrot



Coriander



Tomato



Baby Spinach
Leaves



Mexican Fiesta
Spice Blend



Tomato Paste



Shredded Cheddar
Cheese



Light Sour
Cream

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **30-40** mins
Ready in: **35-45** mins

Get a load of this for a veggie masterpiece that looks just as amazing as it tastes! Crunchy tortilla wedges are piled high with a cheese-topped lentil mix, corn salsa, sour cream, pickled onion and coriander.

Pantry items

Olive Oil, White Wine Vinegar, Brown Sugar, Butter

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
mini flour tortillas	6	12
red onion	1	2
celery	1 stalk	2 stalks
coriander	1 bag	1 bag
garlic	2 cloves	4 cloves
lentils	1 tin	2 tins
sweetcorn	1 tin (125g)	1 tin (300g)
carrot	1	2
white wine vinegar*	¼ cup	½ cup
brown sugar*	pinch	pinch
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
tomato paste	1 packet	2 packets
Mexican Fiesta spice blend 🌶️	½ medium sachet	1 medium sachet
water*	½ cup	1 cup
butter*	20g	40g
shredded Cheddar cheese	½ medium packet	1 medium packet
light sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3377kJ (807Cal)	495kJ (118Cal)
Protein (g)	28.6g	4.2g
Fat, total (g)	37.6g	5.5g
- saturated (g)	18.3g	2.7g
Carbohydrate (g)	78.8g	11.5g
- sugars (g)	24g	3.5g
Sodium (mg)	1515mg	222mg

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 | CW23



1



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Cut **mini flour tortillas** into wedges. Slice **red onion** in half. Thinly slice 1/2 the **onion**, then finely chop the remainder. Finely chop **celery** and **garlic**. Drain **lentils**. Drain **sweetcorn**. Grate **carrot**. Finely chop **coriander** (reserve some for garnish!). Set aside.
- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch sliced **onion** in your hands, then add to **pickling liquid**. Add enough **water** to just cover **onion**. Stir to coat, then set aside.

4



Start the topping

- **SPICY!** You may find the spice blend hot! Add less if you're sensitive to heat.
- Return frying pan to medium-high heat with a drizzle of olive oil. Cook **celery**, **carrot** and chopped **onion** until softened, **3-4 minutes**.
- Add **garlic**, **tomato paste**, **Mexican Fiesta spice blend** (see ingredients) and cook until fragrant, **1-2 minutes**.

2



Make the salsa

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **corn kernels** until lightly charred, **4-5 minutes** (cover with a lid if kernels are "popping" out!).
- Meanwhile, finely chop **tomato**. Roughly chop **baby spinach leaves**.
- In a medium bowl, combine **tomato**, **baby spinach**, charred **corn**, chopped **coriander** and some **pickling liquid** (1 tsp for 2 people / 2 tsp for 4 people). Season with **salt** and **pepper**.

5



Finish the topping

- Stir through the water, the **butter** and the **lentils**. Simmer until sauce is thickened, **1-2 minutes**. Season to taste.
- Sprinkle **shredded Cheddar cheese** (see ingredients) on top, then cover with a lid or foil and reduce heat to low. Cook until cheese is melted, **2-3 minutes**.

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

3



Bake the tortilla chips

- Place **tortilla** wedges on a lined oven tray in a single layer.
- Drizzle (or spray) with **olive oil**, season with **salt** and **pepper** and turn to coat.
- Bake until golden, **6-8 minutes**.

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

6



Serve up

- Drain pickled onion.
- Divide tortilla chips between plates.
- Top with cheesy lentils, **light sour cream**, corn salsa and pickled onion.
- Serve sprinkled with reserved coriander. Enjoy!

Rate your recipe

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