



# LOADED LENTIL CHEESY NACHOS

with Salsa & Sour Cream



Make a speedy pickled onion!



Red Onion



Capsicum



Garlic



Lentils



Carrot



Tomato



Cucumber



Coriander



Mini Flour Tortillas



Mexican Fiesta Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Sour Cream

Hands-on: **30-40** mins  
Ready in: **35-45** mins

Spicy (Mexican Fiesta spice blend)

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, tomato salsa, sour cream, pickled onion and coriander.

**Pantry Staples:** Olive Oil, Vinegar (White Wine Or Rice Wine), Butter

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- oven tray lined with **baking paper**
- medium frying pan** with a **lid** (or **foil**)



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Cut the **red onion** in half. Thinly slice **1/2 the onion**, and finely chop the **remaining onion**. Finely chop the **capsicum**. Finely chop the **garlic** (or use a garlic press). Drain and rinse the **lentils**. Grate the **carrot** (unpeeled). In a small bowl, combine the **vinegar** and a **good pinch** of **sugar** and **salt**. Scrunch **1/2 the red onion** in your hands, then add to the pickling liquid. Add enough **water** to cover the onion and stir to coat. Set aside until serving.



### 2 MAKE THE SALSA

Finely chop the **tomato**, **cucumber** and **coriander** (reserve some for garnish!). In a medium bowl, combine the **tomato**, **cucumber**, **coriander** and **pickling liquid** from the onion (**1 tsp for 2 people / 2 tsp for 4 people**). Season with **salt** and **pepper**.



### 3 BAKE THE TORTILLA CHIPS

Cut the **mini flour tortillas** into wedges. Place the **tortilla wedges** in a single layer on an oven tray lined with baking paper. **Drizzle** (or spray) with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss 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.*



### 4 START THE LENTIL MIXTURE

**SPICY!** You may find the spice blend hot! Feel free to add less, depending on your taste. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the remaining chopped **onion**, **capsicum** and **carrot** and cook, stirring often, until softened, **3-4 minutes**. Add the **lentils** and cook until tender, **2 minutes**. Add the **garlic** and **Mexican Fiesta spice blend** (see **ingredients list**) and cook, stirring, until fragrant, **1-2 minutes**.



### 5 FINISH THE LENTIL MIXTURE

Stir through the **tomato paste**, **butter**, **water** and a **pinch** of **salt** and **pepper**. Simmer until the sauce has thickened, **1-2 minutes**. **TIP:** *Add another splash of water if the mixture seems dry.* Sprinkle the **shredded Cheddar cheese** over the lentil mixture, cover with a lid or foil and reduce the heat to low. Cook until the cheese has melted, **2-3 minutes**.



### 6 SERVE UP

Drain the pickled onion. Divide the tortilla chips between plates and serve alongside the cheesy lentil mixture. Top with the **sour cream**, salsa, pickled onion and the reserved coriander.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
capsicum	1	2
garlic	2 cloves	4 cloves
lentils	1 tin	2 tins
carrot	1	2
vinegar* (white wine or rice wine)	¼ cup	½ cup
tomato	2	4
cucumber	1 (medium)	1 (large)
coriander	1 bunch	1 bunch
mini flour tortillas	6	12
Mexican Fiesta spice blend	½ sachet	1 sachet
tomato paste	1 tin	2 tins
butter*	20g	40g
water*	½ cup	1 cup
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
sour cream	1 packet (100g)	2 packets (200g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3500kJ (836Cal)	382kJ (91Cal)
Protein (g)	30.5g	3.3g
Fat, total (g)	37.6g	4.1g
- saturated (g)	19.3g	2.1g
Carbohydrate (g)	81.5g	8.9g
- sugars (g)	22.7g	2.5g
Sodium (g)	1130mg	123mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
[Hello@HelloFresh.co.nz](mailto:Hello@HelloFresh.co.nz)

2020 | WK05

