

# Loaded Cheesy Lentil Nachos

with Corn Salsa & Quick-Pickled Onion

Grab your Meal Kit with this symbol



Red Onion



Garlic



Lentils



Carrot



Tomato



Herbs



Corn



Mini Flour Tortillas



Salad Leaves



Mexican Fiesta Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Greek-Style Yoghurt

**Keep an eye out...**

Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be different to what's pictured. Don't worry, your recipe will be just as delicious!

-  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, corn salsa, yoghurt and quick-pickled onion.

**Pantry items**

Olive Oil, Vinegar, 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

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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
lentils	1 tin	2 tins
carrot	1	2
vinegar*	¼ cup	½ cup
water* (for the pickle)	¼ cup	½ cup
tomato	1	2
herbs	1 bunch	1 bunch
corn	1	2
mini flour tortillas	6	12
salad leaves	1 bag (60g)	1 bag (120g)
Mexican Fiesta spice blend	½ sachet	1 sachet
tomato paste	1 packet	2 packets
butter*	20g	40g
water* (for the sauce)	½ cup	1 cup
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3206kJ (766Cal)	499kJ (119Cal)
Protein (g)	29.4g	4.6g
Fat, total (g)	32.5g	5.1g
- saturated (g)	17.1g	2.7g
Carbohydrate (g)	86.9g	13.5g
- sugars (g)	22.3g	3.5g
Sodium (mg)	1783mg	277mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Slice the **red onion** in half. Thinly slice 1/2 the **onion**, then finely chop the remaining **onion**. Finely chop the **garlic**. Drain and rinse the **lentils**. Grate the **carrot** (unpeeled). In a small bowl, combine the **vinegar**, **water (for the pickle)** and a good pinch of **sugar** and **salt**. Scrunch the sliced **onion** in your hands, then add to the pickling liquid. Stir to coat and set aside until serving.



## Start the lentil mixture

**SPICY!** You may find the spice blend hot! Feel free to add less, depending on your taste. While the tortillas are baking, return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the chopped **onion** and **carrot**, stirring, until softened, **3-4 minutes**. Add the **lentils** and cook until tender, **2 minutes**. Add the **garlic**, **salad leaves** and **Mexican Fiesta spice blend** (see ingredients) and cook, stirring, until the leaves have wilted, **1-2 minutes**.



## Make the salsa

Finely chop the **tomato**. Finely chop the **herbs** (reserve some for garnish!). Slice the kernels off the **corn** cob. Heat a large frying pan over a high heat. Add the **corn** kernels and cook until lightly charred, **4-5 minutes**. In a medium bowl, combine the **tomato**, **herbs**, charred **corn** and **pickling liquid** (1 tsp for 2 people / 2 tsp for 4 people). Season with **salt** and **pepper**. Set aside.

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



## Finish the lentil mixture

Stir the **tomato paste**, **butter** and **water (for the sauce)** through the lentil mixture, then season with **salt** and **pepper**. Simmer until the sauce has thickened, **1-2 minutes**. 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**.

**TIP:** Add a splash of water if the mixture seems dry.



## Bake the tortilla chips

Cut the **mini flour tortillas** into wedges. Place the tortilla wedges on an oven tray lined with baking paper. Drizzle (or spray) with **olive oil**, season with **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.

**TIP:** Keep an eye on them. You want them crisp, but not burnt!



## Serve up

Drain the pickled onion. Divide the tortilla chips between plates and serve with the cheesy lentil mixture. Top with the **Greek-style yoghurt**, salsa, pickled onion and the reserved herbs.

## Enjoy!