



Speedy Mexican Bean Nachos

with Tortilla Chips & Avo Smash

Grab your Meal Kit with this symbol



Mini Flour Tortillas



Brown Onion



Capsicum



Garlic



Black Beans



Zucchini



Mexican Fiesta Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Coriander



Lemon



Avocado



Sour Cream

- Hands-on: **25-35 mins**
- Ready in: **30-40 mins**
- Spicy (Mexican Fiesta spice blend)

The Speedy Gonzales of weeknight dinners, this simple nacho dish is the greatest hit 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 items

Olive Oil

Before you start

Our fruit and veggies need a little wash first!

You will need

Two oven trays lined with baking paper
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mini flour tortillas	6	12
brown onion	1	2
capsicum	1	2
garlic	2 cloves	4 cloves
black beans	1 tin	2 tins
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 (50g)	1 packet (100g)
coriander	1 bag	1 bag
lemon	½	1
avocado	1	2
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3430kJ (819Cal)	506kJ (121Cal)
Protein (g)	29.3g	4.3g
Fat, total (g)	40.9g	6.0g
- saturated (g)	15.4g	2.3g
Carbohydrate (g)	82.4g	12.2g
- sugars (g)	18.5g	2.7g
Sodium (g)	1800mg	266mg

Allergens

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



1. Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Cut the **mini flour tortillas** into 3cm wedges. Thinly slice the **brown onion**. Roughly chop the **capsicum**. Finely chop the **garlic** (or use a **garlic press**). Drain and rinse the **black beans**. Grate the **zucchini**.



2. Bake the tortilla chips

Place the **tortilla wedges** on two oven trays lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Bake until golden, **6-8 minutes**.



3. Start the bean mixture

SPICY! You may find the spice blend hot! Feel free to add less, depending on your taste. While the tortillas are baking, heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **onion** and **capsicum** and cook, stirring often, until softened, **3-4 minutes**. Add the **black beans** and **zucchini** and cook until tender, **2 minutes**. Add the **garlic** and **Mexican Fiesta spice blend** and cook, stirring, until fragrant, **1-2 minutes**.



4. Top with cheese

Stir through the **tomato paste** and **warm water**. Simmer until the sauce has thickened, **1-2 minutes**. Mash the **kidney beans** slightly with a fork. Add a **splash** of **water** if the mixture seems dry. Sprinkle the **shredded Cheddar cheese** over the bean mixture, cover with a lid or foil and cook until the cheese has melted, **2-3 minutes**.



5. Make the avo smash

While the bean mixture is cooking, finely chop the **coriander**. Cut the **lemon** (see **ingredients list**) into wedges. Using a spoon, scoop the **avocado** flesh out of the skin into a medium bowl. Add a **squeeze** of **lemon juice** and **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 bean mixture between plates and top with **sour cream** and the avo smash. Sprinkle with the remaining coriander. Serve with any remaining lemon wedges.

Enjoy!

TIP: Seasoning is key in the avo smash, so taste it and season with more lemon juice, salt or pepper if needed.