



Loaded Cheesy Lentil Nachos

with Corn Salsa & Quick-Pickled Onion

Grab your Meal Kit with this symbol



Red Onion



Garlic



Lentils



Carrot



Tomato



Coriander



Corn



Mini Flour Tortillas



Baby Spinach Leaves



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, corn salsa, sour cream and quick-pickled onion.

Pantry items

Olive Oil, Vinegar (White Wine or Red Wine), 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
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
lentils	1 tin	2 tins
carrot	1	2
vinegar* (white wine or red wine)	¼ cup	½ cup
tomato	1	2
coriander	1 bunch	1 bunch
corn	1	2
mini flour tortillas	6	12
baby spinach 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*	½ cup	1 cup
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3493kJ (834Cal)	543kJ (129Cal)
Protein (g)	28.3g	4.4g
Fat, total (g)	40g	6.2g
- saturated (g)	22.6g	3.5g
Carbohydrate (g)	84.7g	13.2g
- sugars (g)	22.8g	3.5g
Sodium (mg)	1797mg	279mg

Allergens

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

Visit 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 of 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** and a good pinch of **sugar** and **salt**. Scrunch the sliced **onion** in your hands, then add to the **pickling liquid** with just enough **water** to cover the onion. 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 nacho chips 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 the **carrot**, stirring, until softened, **3-4 minutes**. Add the **lentils** and cook until tender, **2 minutes**. Add the **garlic**, **baby spinach leaves** and **Mexican Fiesta spice blend** (see ingredients) and cook, stirring, until the spinach has wilted, **1-2 minutes**.



Make the salsa

Finely chop the **tomato**. Finely chop the **coriander** (reserve some for garnish!). Slice the kernels off the **corn** cob. Heat a large frying pan over a high heat. Cook the **corn** kernels until lightly browned, **4-5 minutes**. Transfer to a medium bowl. Add the **tomato**, **coriander** and some **pickling liquid** (1 tsp for 2 people / 2 tsp for 4 people) to the charred **corn**. Season with **salt** and **pepper** and 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 the **water** 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 more water if the mixture seems dry.



Bake the nacho chips

Cut the **mini flour tortillas** into wedges. Place 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, divide them between two trays.

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



Serve up

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

Enjoy!