



More Than Food
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Nutrition-Packed Nachos with Sour Cream and Guacamole

Like Robert Downey Jr and Charlie Sheen, there are certain dishes which court more controversy than others. But just as those two have dusted themselves down to reach new career heights, we've been hard at work making over some previously misbehaved recipes. Nachos have been getting a bad wrap for years thanks to American style diners, but we've revamped the dish into a nutrition powerhouse. It's time to roll out the red carpet!



35 mins



veggie



Garlic Clove



Onion



Red Pepper



Cheddar Cheese



Coriander



Organic Chopped Tomatoes



Organic Sweetcorn



Tomato Purée



Mexican Spice



Nachos



Avocado




Lime



Sour Cream

Ingredients

	2P	4P
Garlic Clove, diced	2	4
Red Onion, diced	1	2
Red Pepper, diced	1	2
Cheddar Cheese 1	2 tbsp	4 tbsp
Coriander, chopped	3 tbsp	5 tbsp
Organic Chopped Tomatoes	1 tin	2 tins
Organic Sweetcorn	½ tin	1 tin
Tomato Purée	½ tbsp	1 tbsp
Mexican Spice	1 tbsp	2 tbsp
Nachos 2	1 bag	2 bags
Avocado, chopped	1	2
Lime	½	1
Sour Cream 1	2 tbsp	4 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk | 2) Gluten

Nutrition per serving: Calories: 846 kcal | Protein: 21 g | Carbs: 98 g | Fat: 45 g | Saturated Fat: 16 g



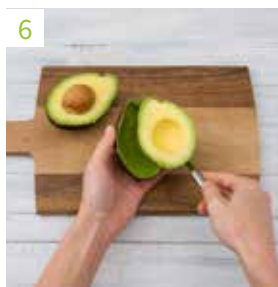
1 Peel and finely dice both the garlic and the red onion. Remove the core from the red pepper and very finely dice. Grate the cheese and roughly chop your coriander.



2 Heat 2 tbsp of olive oil in a pan on medium heat. Gently fry the onion for around 5 mins or until soft. **Tip:** Turn the heat down if it starts to brown off. **Tip:** To stop onions browning off you can also add 1 tsp of water to the pan.



3 Pre-heat your oven to 180 degrees. Add the garlic and half of the red pepper to the pan with the onion. Cook for 1 minute.



4 Add the tinned tomatoes, sweetcorn, tomato purée and ¼ tsp of salt. Add 1 tbsp of mexican spices (less if you don't want it too spicy). Fill the tomato tin half up with water and swirl it around to collect any remaining tomatoey bits. Pour the water into the pan and bring to a gentle simmer on medium heat.

5 Simmer the sauce until it thickens up (10-15 mins). Lay a single layer of nacho chips on one big ovenproof plate. Layer over a bit of your tomato sauce mixture and some cheese. Keep layering until all the ingredients are all used, then oven bake for 10 mins.

6 Slice into the avocado lengthways until you reach the stone. Turn the knife around the stone to cut it in two then remove the stone. Scoop out all of the flesh, mash with a fork and add a pinch of salt and pepper. Squeeze in the juice of half the lime and add a sprinkle of chopped coriander.

7 Take your nachos out of the oven (use some mitts as they'll be hot!). Top with the guacamole, sour cream and the remaining raw red pepper. Sprinkle over a bit more chopped coriander, gather the troops, divide and conquer!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!