



Loaded Cheesy Lentil Nachos

with Peppers and Salsa

Veggie

30 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chicken Breasts*
2 | 4



Ground Beef
250 g | 500 g



Lentils, canned
1 | 2



Tortilla Chips
170 g | 340 g



Cheddar Cheese, shredded
1/2 cup | 1 cup



Mozzarella Cheese, shredded
3/4 cup | 1 1/2 cup



Enchilada Spice Blend
1 tbsp | 2 tbsp



Sweet Bell Pepper
1 | 2



Green Onion
2 | 4



Tomato Salsa
1/2 cup | 1 cup



Sour Cream
1 | 2



Cilantro
7 g | 14 g



Chipotle Sauce
2 tbsp | 4 tbsp

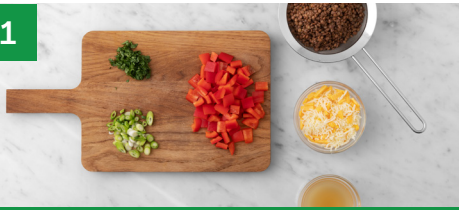
Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper

Cooking utensils | Baking sheet, large non-stick pan, measuring spoons, parchment paper, small bowl, strainer

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

+ Add | **Chicken Breasts**

- Using a strainer, drain **lentils**, reserving the **liquid**. Rinse **lentils**.
- Core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onions**.
- Roughly chop **cilantro**.
- Combine **cheddar** and **mozzarella cheese** in a small bowl.

4



Finish and serve

- Sprinkle **green onions** and **cilantro** over **nachos**.
- Divide **nachos** between plates.
- Serve **sour cream** and **salsa** on the side for dipping.

2



Cook peppers and lentils

+ Add | **Ground Beef**

- Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **peppers**. Cook, stirring often, until tender-crisp, 3-4 min.
- Add **lentils**, **2 tbsp** (4 tbsp) **reserved canning liquid** and **Enchilada Spice Blend**. Cook, stirring often, until **lentils** are warmed through and **spices** are fragrant, 2-3 min.
- Stir in **chipotle sauce**.
- Season with ¼ **tsp** (½ tsp) **salt** and **pepper**. Remove from heat.

3



Assemble and bake nachos

+ Add | **Chicken Breasts**

- Line a baking sheet with parchment paper.
- Layer **tortilla chips**, then **half the cheese**, **lentil-pepper mixture** and **remaining cheese** on the prepared baking sheet.
- Bake **nachos** in the **middle** of the oven until **cheese** melts and starts to brown, 6-7 min. (**NOTE:** For 4 ppl, use 2 lined baking sheets and bake in the middle and top of the oven, rotating sheets halfway through.)

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1 | Prep and cook chicken

+ Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.** Transfer to a plate and cover to keep warm. Wipe the pan clean and reuse in step 2.

2 | Cook beef, peppers and lentils

+ Add | **Ground Beef**

If you've opted to get **beef**, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **peppers** and **beef**. Cook, stirring often, until **peppers** are tender-crisp and **beef** is cooked through, 4-5 min.** Follow remaining recipe as written.

3 | Assemble and bake nachos

+ Add | **Chicken Breasts**

Thinly slice **chicken**, then place over top **nachos** before baking.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as sizes may vary.