



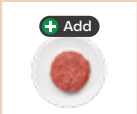
Loaded Cheesy Lentil Nachos

with Peppers and Salsa

Veggie

Spicy

30 Minutes



Beyond Meat®
2 | 4

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)



Lentils
370 g | 740 g



Tortilla Chips
170 g | 340 g



Cheddar Cheese, shredded
½ cup | 1 cup



Mozzarella Cheese, shredded
¾ cup | 1 ½ cup



Enchilada Spice Blend
1 tbsp | 2 tbsp



Sweet Bell Pepper
1 | 2



Green Onion
2 | 4



Tomato Salsa
½ cup | 1 cup



Sour Cream
3 tbsp | 6 tbsp



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, measuring spoons, strainer, parchment paper, small bowl, large non-stick pan

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- 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**.
- Mix together **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 | **Beyond Meat®**

- 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

- 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

2 | Cook Beyond Meat®

+ Add | **Beyond Meat®**

If you've opted to add **Beyond Meat®**, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **patties**. Cook, breaking up **patties** into bite-sized pieces, until cooked through, 5-6 min.** Season with **salt** and **pepper**. Using a slotted spoon, transfer to a plate. Reuse the same pan to cook **peppers**. When assembling **nachos**, layer **tortilla chips**, then **half the cheese**, **lentil-pepper mixture**, **Beyond Meat®** and **remaining cheese** on the prepared baking sheet. Bake as indicated in the recipe.

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



Issue with your meal? Scan the QR code to share your feedback.