






Cooking Made Easy

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Crunchy Nachos Grande with Healthy Homemade Guacamole

We recommend cooking this recipe once your avocado is ripe (you'll know it's ready when it's a little bit soft when squeezed). To speed up the ripening place it inside a brown paper bag, seal it up and leave it at room temperature for a couple of days. If you want to speed things up even more put a ripe banana in the bag too. Mexican magic!



50 min



gluten free



spicy



Chorizo



Onion



Organic Red Kidney Beans



Garlic Clove



Mexican Spice



Organic Chopped Tomatoes



Avocado



Sour Cream



Manomasa Tortilla Chips



Cheddar Cheese

Ingredients

	2P	4P
Chorizo, cubed	⅓ cup	½ cup
Onion, diced	1 cup	2 cups
Garlic Clove, diced	1	2
Organic Red Kidney Beans	1 tin	2 tins
Mexican Spice	¾ tbsp	1½ tbsp
Organic Chopped Tomatoes	1 tin	2 tins
Avocado, mashed	½	1
Sour Cream 1	¼ cup	½ cup
Manomasa Tortilla Chips	1 handful	few handfuls
Cheddar Cheese, grated 1	¼ cup	½ cup

⊕ May feature in another recipe

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

Allergens

1) Milk

Nutrition per serving: Calories: 976 kcal | Protein: 39 g | Carbs: 88 g | Fat: 53 g | Saturated Fat: 19 g



1 Heat 1 tsp of oil in a large pan on medium-high heat. Once hot add the chorizo and cook for a few mins until slightly crispy. Remove from the pan and keep until later. **Tip:** Do not wash the pan as you'll use it later.



2 Peel and very finely dice the onion and the garlic. Heat ½ tbsp of olive oil on medium-low heat in the pan you used for the chorizo. Add the onion and garlic with ¼ tsp of salt and slowly cook until soft (5 mins). Add the Mexican spice for the last minute.



3 Pre-heat the oven to 220 degrees. Drain and thoroughly rinse the kidney beans. Thoroughly mash ¾ of the beans with a masher (or a fork if you don't have a masher). Tip the mashed beans into the softened onion with ¼ tsp of salt and cook for a few mins.



4 Tip the remaining whole kidney beans into the pan together with the tinned chopped tomatoes. Refill the tomato tin with 1 tbsp of water, swish it around and tip the water into the pan. Add the chorizo, another ¼ tsp of salt and a few good grinds

of black pepper. Bubble away until you have a nice thick sauce.

5 Meanwhile slice lengthways into the avocado and turn the knife around the stone. Split the avocado in half, remove the stone and then spoon out the insides into a bowl. Mash with a fork and add a few tbsp of sour cream and a small pinch of salt and pepper. **Tip:** Cover with cling film touching the avocado to stop it going brown.

6 Put a layer of tortillas in the bottom of an oven proof dish cover with a thin layer of your tomato sauce and some grated cheddar cheese. Keep layering until all the ingredients are used. Top it off with grated cheese and place in the oven until golden brown.

7 Serve with a healthy dollop of your homemade guacamole and any remaining sour cream.