



# Nachos with Tomato Salsa, Zesty Soured Cream and Guac

Special Sides 20 Minutes • 1 of your 5 a day

1A



Soft Shell Taco



Baby Plum Tomatoes



Coriander



Red Wine Vinegar



Spring Onion



Lime



Soured Cream



Avocado

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Bowl, Baking Tray, Zester.

## Ingredients

	Quantity
Soft Shell Taco <b>13</b> )	6
Baby Plum Tomatoes	125g
Coriander**	1 bunch
Olive Oil*	1 tbsp
Red Wine Vinegar <b>14</b> )	1 sachet
Spring Onion**	1
Lime**	1
Soured Cream <b>7</b> )*	150g
Avocado**	2

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>381g</b>	<b>100g</b>
Energy (kJ/kcal)	2406 /575	632 /151
Fat (g)	51	14
Sat. Fat (g)	16	4
Carbohydrate (g)	23	6
Sugars (g)	6	2
Protein (g)	7	2
Salt (g)	0.18	0.05

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

Thumbs up or thumbs down?

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You can recycle me!



1



2



3



## Nacho Time

a) Preheat the oven to 200°C.

b) Chop the **tacos** in half and then each half into 3, giving you 6 mini **triangles** per **taco**. Pop into a bowl with a drizzle of **oil** and a pinch of **salt**.

c) Mix well to combine and pop the **taco triangles** onto a baking tray in a single layer.

**TIP:** Use 2 trays if you need to.

d) Bake on the top shelf of your oven until golden and crisp, 7-9 mins.

e) Once cooked, remove from the oven and set aside.

## Get Prepped

a) Meanwhile, quarter the **baby plum tomatoes**. Roughly chop the **coriander** (stalks and all).

b) Pop the **tomatoes** and **coriander** into a bowl with the **olive oil** (see ingredients for amount), **red wine vinegar** and a pinch of **sugar**. Season with **salt** and **pepper**, mix well and set aside.

c) Trim and thinly slice the **spring onion**. Zest and halve the **lime**.

d) Put **half** the **soured cream** in a small bowl and add the **lime zest**. Season with **salt** and **pepper** and mix together.

## Finish & Serve

a) Slice lengthways into the **avocado**. Once you reach the stone, turn the **avocado** around to cut it in half. Twist each half and pull it apart.

b) Remove the stone then scoop out the **flesh** into a bowl and mash with the back of a fork. Add the remaining **soured cream** and all of the **spring onion** and a squeeze of **lime juice**. Season to taste with **salt** and **pepper**. Mix well and set aside.

c) Pop the **baked nachos** onto a sharing plate. Put the **tomato salsa** and **guacamole dip** into small bowls.

d) Serve the **nachos** with the **salsa**, **guac** and **zesty soured cream**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.