

Cheesy Beef Nachos

with Avocado Crema

Grab your Meal Kit with this symbol



Brown Onion



Tomato



Garlic



Lime



Carrot



Mini Flour Tortillas



Beef Mince



Tex-Mex Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Avocado



Greek-Style Yoghurt

 Hands-on: 25-35 mins
Ready in: 30-40 mins

What do you call cheese that isn't yours? It's nacho cheese! Luckily for you, we don't just have cheesy words, we also have cheesy nachos (and they're all yours). The saucy topping includes our Tex-Mex spice blend for subtle heat and delicious flavour, and we've added avocado crema for a refreshing balance. The combination in this tasty meal is no joke!

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
tomato	1	2
garlic	2 cloves	4 cloves
lime	½	1
carrot	1	2
mini flour tortillas	6	12
beef mince	1 small packet	1 medium packet
Tex-Mex spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
water*	⅓ cup	⅔ cup
shredded Cheddar cheese	1 medium packet	1 large packet
avocado	½	1
Greek-style yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3378kJ (807Cal)	626kJ (149Cal)
Protein (g)	47.8g	8.9g
Fat, total (g)	38.7g	7.2g
- saturated (g)	14.5g	2.7g
Carbohydrate (g)	58.2g	10.8g
- sugars (g)	16.9g	3.1g
Sodium (mg)	1187mg	220mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **brown onion** (see ingredients) and **tomato**. Finely chop the **garlic**. Slice the **lime** into wedges. Grate the **carrot**.



Bake the nacho chips

Slice each **mini flour tortilla** into 6 wedges. Arrange the **tortilla** wedges over two oven trays lined with baking paper. Drizzle or spray with **olive oil** and season with **salt** and **pepper**. Bake until golden and crispy, **7-9 minutes**.

TIP: Keep an eye on them! You want them crisp, but not burnt!



Cook the beef

SPICY! This is a mild spice blend, so if you're sensitive to heat, feel free to add less. While the tortillas are baking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **onion** and **carrot** and cook until softened, **3-4 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add the **Tex-Mex spice blend** and cook until fragrant, **1 minute**.



Make it saucy

Add the **tomato paste** and the **water** to the frying pan and stir to combine. Bring to the boil, then reduce the heat to low and simmer until slightly thickened, **2-3 minutes**. Season to taste. Sprinkle the **shredded Cheddar cheese** over the **beef mixture**, cover with a lid or foil and cook until the cheese has melted, **2-3 minutes**.

TIP: Add a dash of water to loosen the mixture if necessary, you want the nachos to be nice and saucy!



Bring it all together

While the cheese is melting, place the **avocado** (see ingredients) flesh in a small bowl and mash with a fork. Add the **Greek-style yoghurt** and stir to combine. Add a squeeze of **lime juice** and season to taste.

TIP: For a smoother crema, use a food processor or stick blender.



Serve up

Divide the tortilla chips between plates and top with the cheesy beef mixture. Top with the avocado crema and scatter over the tomato. Serve with lime wedges.

TIP: Serve the tortilla chips on the side if you prefer!

Enjoy!