

Tex-Mex Cheesy Beef Nachos

with Avocado Crema

Grab your Meal Kit with this symbol



 Hands-on: **30-40 mins**
Ready in: **35-45 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 on this tasty meal is no joke!

Pantry items

Olive Oil, White Wine Vinegar

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
garlic	2 cloves	4 cloves
carrot	1	2
mini flour tortillas	6	12
Tex-Mex spice blend	1 sachet	1 sachet
beef mince	1 packet	1 packet
tomato paste	1 packet	2 packets
water*	⅓ cup	⅔ cup
beef-style stock powder	1 sachet	1 sachet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
avocado	½	1
Greek-style yoghurt	1 medium packet	1 large packet
white wine vinegar*	½ tsp	1 tsp
tomato	1	2

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4017kJ (960Cal)	729kJ (174Cal)
Protein (g)	49.3g	8.9g
Fat, total (g)	50.7g	9.2g
- saturated (g)	24g	4.4g
Carbohydrate (g)	62.3g	11.3g
- sugars (g)	19.3g	3.5g
Sodium (mg)	2108mg	382mg

Allergens

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

Visit hellofresh.co.nz/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). Finely chop the **garlic**. Grate the **carrot** (unpeeled).



Make it saucy

Add the **tomato paste**, the **water** and **beef-style stock powder** to the **beef mince** and stir to combine. Bring to the boil, then reduce the heat to low and simmer until slightly thickened, **2-3 minutes**. Season with **pepper**. 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: Don't simmer it for too long, you want it to be nice and saucy! Add a dash of water to loosen the mixture if needed.



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**, then season with **salt** and **pepper**. Bake until golden and crispy, **8-10 minutes**.

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



Make the avocado crema

While the cheese is melting, scoop the flesh out of the **avocado** (see ingredients), then place in a small bowl and mash with a fork. Add the **Greek-style yoghurt** and **white wine vinegar** to the bowl and stir to combine. Season to taste.

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



Cook the beef & veggies

While the nacho chips are baking, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **onion** and **carrot** until softened, **3-4 minutes**. Add the **garlic** and **Tex-Mex spice blend** and cook until fragrant, **1 minute**. Add the **beef mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**.



Serve up

Roughly chop the **tomato**. Divide the nacho chips between plates and top with the cheesy beef mixture. Top with the avocado crema and tomato.

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

Enjoy!