



# FAMILY MEXICAN BEEF TORTILLA

Bowl with Avocado



Create a healthy  
take on nachos



Red Onion



Garlic



Carrots



Beef Mince



Diced Tomatoes



Mexican Seasoning



White Flour Tortillas



Avocado



Lime

Pantry Staples



Olive Oil



Hands-on: 15 mins  
Ready in: 20 mins

If ever there was a healthy corn chip, these homemade tortilla chips are it. You could even prepare these ahead of time and store in a cool dry place, like a zip lock bag. With lean mince and creamy avocado, they're the perfect antidote to any heavy meals and overeating you may have recently indulged in. Let's start cooking the Family Mexican Beef Tortilla Bowl with Avocado

## BEFORE YOU START

You will need: **chef's knife**, **chopping board**, **garlic crusher**, **box grater**, **medium frying pan**, **wooden spoon** and **oven tray** lined with **baking paper**. Let's start cooking the **Family Mexican Beef Tortilla Bowl with Avocado**



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Finely dice the **red onion**. Peel and crush the **garlic**. Grate the **carrot**.



### 2 COOK THE ONION AND GARLIC

Heat half the **olive oil** in a medium frying pan over a medium-high heat. Add the **red onion** and **garlic** and cook for **4-5 minutes**, or until soft.



### 3 COOK THE BEEF AND CARROT

Add the **beef mince** to the pan and cook, breaking it up with a wooden spoon, for **2-3 minutes**, or until browned. Add the **carrot**, **diced tomatoes** and **Mexican seasoning**. Bring the mixture to the boil, reduce the heat to medium-low and simmer for **10 minutes**, or until the sauce thickens a little. Season to taste with **salt** and **pepper**.



### 4 CRISP UP THE TORTILLAS

Meanwhile, cut the **white flour tortillas** into triangles, lay them flat on the prepared oven tray and brush with remaining **olive oil** (or lightly spray). Cook in the oven for **5-10 minutes**, or until golden and crispy. These baked nachos are a healthy version of the usual deep-fried ones!



### 5 PREPARE AVOCADO AND LIME

Cut the **avocado** into 1-2cm dice. Cut the **lime** into wedges.



### 6 SERVE UP

Divide the tortilla triangles, Mexican mince mixture, **avocado** and **lime** wedges between bowls.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
red onion	1
<b>garlic</b>	2 cloves
carrots	2
<i>olive oil</i> *	1 tbs
beef mince	1 packet
diced tomatoes	2 tins
Mexican seasoning	½ sachet (2 tsp)
white flour tortillas	1 packet
avocado	1
lime	1

\*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kj)	2760	452
Protein (g)	41.5	6.8
Fat, total (g)	27.9	4.6
- saturated (g)	7.2	1.2
Carbohydrate (g)	55.5	9.1
- sugars (g)	13.1	2.2
Sodium (mg)	613	100

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[hello@hellofresh.com.au](mailto:hello@hellofresh.com.au)

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