



Everything  
But The Chef

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## Aztec Beef Tortilla Bowl

The Aztecs came up with some great concepts: the calendar, soccer, herbalism and corn chips (date of the apocalypse? Less reliable, but we won't hold that against them). Naturally we've re-engineered one of those historic ideas with our tortilla bowl. Dig in like those wise ancient inventors!



Prep: 15 mins

Cook: 20 mins

Total: 30 mins



level 1



pantry  
items



Red Onion



Mexican Spice



Red Kidney Beans



Beef Mince



Carrot



Tomato



Corn Tortillas




Avocado




Coriander



Lime

2P	4P	Ingredients
2 tsp	1 tbs	olive oil, plus extra oil for brushing*
1	2	red onion, finely chopped
2 tsp	1 tbs	HelloFresh Mexican Spice Mix
300 g	600 g	beef mince
1 tin	2 tins	red kidney beans, drained & rinsed
1	2	tomato, diced
1	2	carrot, peeled & grated
4	8	corn tortillas, cut into triangular quarters <b>A</b>
1	2	avocado, cubed
1	2	lime, cut into wedges
<b>Garnish</b>		<b>chopped coriander</b> 

 May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	2940	Kj
Protein	42.9	g
Fat, total	35	g
-saturated	9	g
Carbohydrate	47	g
-sugars	10.7	g
Sodium	1390	mg

#### Measuretool

0 cm	1 cm	2 cm



**1** Preheat the oven to **200°C/180°C fan-forced**.

**2** Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **red onion** and cook for **5 minutes**, or until soft. Add the **HelloFresh Mexican Spice Mix** and cook, stirring, for **1 minute** or until fragrant. Add the **beef mince** and cook, breaking up with a wooden spoon, for **5 minutes** or until browned. Stir through the **red kidney beans, tomato and carrot**, cook for a further **5 minutes and season with salt**.



**3** Meanwhile brush or spray the **corn tortillas** with oil and lay out flat on a baking tray. Cook in the oven for **5-6 minutes** or until golden and crisp.

**4** To serve, divide the tortilla triangles, mince mixture, **avocado, lime** and **coriander** between bowls.



**Did you know?** Avocados mature on the tree but only ripen once they're picked. They can stay on a tree for up to 18 months, isn't that amazing?!