

Slow-Cooked Beef & Black Bean Nachos

with Cheddar & Tortilla Chips

NEW

Grab your meal kit with this number

39



Garlic



Carrot



Tomato



Brown Onion



Black Beans



Beef Mince



Mexican Fiesta Spice Blend



Passata



Chicken Stock Pot



Baby Spinach Leaves



Mini Flour Tortillas



Cheddar Cheese



Pork Mince



Chicken Thigh

Prep in: 15-25 mins
Ready in: 60-70 mins

These classic nachos are sure to be a crowd pleaser! Cook the beef low and slow in our famous Mexican Fiesta spice blend to ensure the spicy goodness is locked into every bite. Cool things down again with some fresh tomato and a sprinkle of cheese.

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large ovenproof pot with a lid (or foil) · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
tomato	1	2
brown onion	1	2
black beans	1 packet	2 packets
beef mince	1 medium packet	2 medium packets OR 1 large packet
Mexican Fiesta spice blend 	1 medium sachet	1 large sachet
passata	1 packet	2 packets
water*	¾ cup	1½ cups
chicken stock pot	1 packet	2 packets
brown sugar*	½ tsp	1 tsp
baby spinach leaves	1 small packet	1 medium packet
mini flour tortillas	6	12
Cheddar cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3882kJ (928Cal)	505kJ (121Cal)
Protein (g)	59.9g	7.8g
Fat, total (g)	34.1g	4.4g
- saturated (g)	13.7g	1.8g
Carbohydrate (g)	86.9g	11.3g
- sugars (g)	21.6g	2.8g
Sodium (mg)	2242mg	292mg
Dietary Fibre (g)	20.2g	2.6g

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](https://www.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 oven to **200°C/180°C fan-forced**.
- Finely chop **garlic**.
- Thinly slice **carrot** into half-moons.
- Roughly chop **tomato** and **brown onion**.
- Drain **black beans**.



Prep the tortilla chips

- When the beef has **10 minutes** remaining, slice **mini flour tortillas** into wedges.
- Spread over a lined oven tray (don't worry if they overlap).
- Drizzle with **olive oil** and season with **salt**.



Brown the beef

- In a large ovenproof pot, heat a drizzle of **olive oil** over high heat. Cook **beef mince** and **onion**, breaking up with a spoon, until just browned, **4-5 minutes**.
- **SPICY!** You may find the spice blend hot. Add less if you're sensitive to heat. Add **carrot**, **Mexican Fiesta spice blend** and **garlic**. Cook, stirring, until fragrant, **1-2 minutes**.



Bake the tortilla chips

- Bake **tortilla chips** until lightly golden and crisp, **8-10 minutes**.



Make it saucy

- Add **passata**, the **water**, **chicken stock pot**, **brown sugar** and **black beans**. Stir to combine. Bring to the boil, then remove from heat.
- Cover with a lid (or foil), then bake until reduced and carrot is tender, **40-45 minutes**.
- Add **baby spinach leaves**, stirring to combine.



Serve up

- Divide tortilla chips between bowls.
- Top with slow-cooked beef and black beans.
- Top with tomato and sprinkle with **Cheddar cheese** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



SWAP TO PORK MINCE
Follow method above.



SWAP TO CHICKEN THIGH
Cut into bite-sized pieces. Cook with bean mixture until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

