

Mexican Beef Tortilla Stack

with Yoghurt & Tomato-Coriander Salsa

KID FRIENDLY

Grab your meal kit with this number

39



Brown Onion



Garlic



Carrot



Baby Spinach Leaves



Capsicum



Beef Mince



Tex-Mex Spice Blend



Tomato Paste



Mini Flour Tortillas



Cheddar Cheese



Tomato



Coriander



Greek-Style Yoghurt



Pork Mince



Lamb Mince

Prep in: 25-35 mins
Ready in: 35-45 mins

 Protein Rich

This tortilla stack is bursting with juicy beef mince, mild Tex-Mex spices, sweet capsicum, and mandatory melted Cheddar. Serve with a vibrant salsa and a dollop of yoghurt for creaminess and tang.

Pantry items

Olive Oil, White Wine Vinegar

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 frying pan · Oven tray lined with baking paper

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| brown onion | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| carrot | 1 | 2 |
| baby spinach leaves | 1 small packet | 1 medium packet |
| capsicum | 1 | 2 |
| beef mince | 1 medium packet | 2 medium packets OR 1 large packet |
| Tex-Mex spice blend | 1 medium sachet | 1 large sachet |
| tomato paste | 1 medium packet | 2 medium packets |
| water* | ½ cup | 1 cup |
| mini flour tortillas | 6 | 12 |
| Cheddar cheese | 1 large packet | 2 large packets |
| tomato | 1 | 2 |
| coriander | 1 packet | 1 packet |
| white wine vinegar* | 1 tsp | 2 tsp |
| Greek-style yoghurt | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

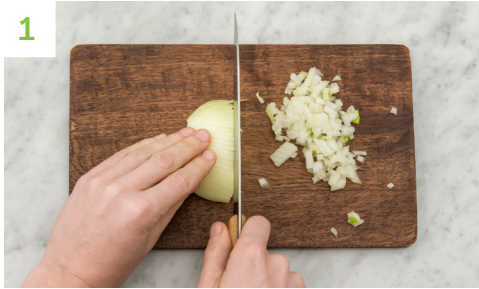
| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 3078kJ (736cal) | 243kJ (58cal) |
| Protein (g) | 46.9g | 3.7g |
| Fat, total (g) | 29.6g | 2.3g |
| - saturated (g) | 13.4g | 1.1g |
| Carbohydrate (g) | 67.4g | 5.3g |
| - sugars (g) | 24.1g | 1.9g |
| Sodium (mg) | 1134mg | 89.6mg |
| Dietary Fibre (g) | 13.7g | 1.1g |

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 oven to **220°C/200°C fan-forced**.
- Finely chop **brown onion** and **garlic**.
- Grate **carrot**.
- Roughly chop **baby spinach leaves**.
- Cut **capsicum** into small chunks.



Bake the stack

- Place a **mini flour tortilla** on a lined oven tray. Top **tortilla** with some of the **beef mixture** and spread in an even layer. Sprinkle over a little **Cheddar cheese** (save half for the top!) and top with another **tortilla**. Repeat this process until all of the tortillas and mixture has been used up.
- Sprinkle the remaining **Cheddar** over the stack. Bake until cheese is melted and golden, **10-12 minutes**.

TIP: If you're cooking for 4 people, build two stacks of tortillas.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **onion** and **carrot**, stirring, until slightly softened, **2 minutes**.
- Add **capsicum** and cook, stirring, until softened, **3-4 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Transfer to a plate.



Make the salsa

- While the stack is baking, roughly chop **tomato** and **coriander**.
- In a medium bowl, combine the **white wine vinegar** and a drizzle of **olive oil**. Season to taste.
- Add **tomato** and **coriander**. Toss to combine.



Cook the beef

- Return frying pan to high heat with a drizzle of **olive oil**. When the oil is hot, cook **beef mince**, breaking up with a spoon, until browned, **3-4 minutes**.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. Add **Tex Mex spice blend** and cook, stirring until fragrant, **1 minute**. Reduce heat to medium-high, then add **tomato paste**, stirring to combine.
- Add the **water** and **spinach**, then return **cooked veggies** to the pan. Stir to combine and bring to a simmer. Season with **salt** and **pepper** and remove from the heat.



Serve up

- Using a serrated knife, cut **tortilla** stack into wedges.
- Divide the wedges between plates.
- Top with **Greek-style yoghurt**.
- Serve with the tomato-coriander salsa. 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 LAMB MINCE
Follow method above.

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

