

# Cheesy Mexican Beef Tortilla Tower

with Avocado & Sour Cream

KID'S KITCHEN

NEW

Grab your meal kit with this number

44



Carrot



Beef Mince



Tomato Paste



Tex-Mex Spice Blend



Mini Flour Tortillas



Cheddar Cheese



Avocado



Light Sour Cream



Beef Mince



Lamb Mince

Prep in: 20-30 mins  
Ready in: 40-50 mins

It's all hands on deck, this recipe is designed to be cooked by grown-ups and kids together! Make it a family affair by whipping up a tasty beef filling and stacking the tortillas high to make a cheesy layered stack of perfection! Paired with mashed avocado and sour cream, this one calls for some serious dunking and tasting action!

### Pantry items

Olive Oil



## 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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
beef mince	1 medium packet	2 medium packets OR 1 large packet
tomato paste	1 medium packet	2 medium packets
Tex-Mex spice blend	1 medium sachet	2 medium sachets
<b>salt*</b>	¼ tsp	½ tsp
<b>water*</b>	½ cup	1 cup
mini flour tortillas	6	12
Cheddar cheese	1 medium packet	1 large packet
avocado	1	2
light sour cream	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3587kJ (857cal)	401kJ (96cal)
Protein (g)	44.2g	4.9g
Fat, total (g)	49.4g	5.5g
- saturated (g)	18.6g	2.1g
Carbohydrate (g)	56.9g	6.4g
- sugars (g)	13.5g	1.5g
Sodium (mg)	1528mg	170.7mg
Dietary Fibre (g)	14g	1.6g

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://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**.
- Grate **carrot**.

**Little cooks:** Under adult supervision, older kids can help grate the carrot.



## Start the filling

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot**, stirring, until softened, **4-5 minutes**.
- Add **beef mince** and cook, breaking up mince with a spoon, until just browned, **3-5 minutes**.



## Finish the filling

- Add **tomato paste**, **Tex-Mex spice blend**, the **salt** and **water**.
- Reduce heat to medium-low and simmer until thickened, **2-3 minutes**. Season to taste with **pepper**.

**Little cooks:** Help measure out the water!



## Bake the tower

- Place one **mini flour tortilla** on a lined oven tray. Top **tortilla** with some **filling**, spreading it into an even layer. Sprinkle over some **Cheddar cheese**.
- Repeat this process until all the tortillas and filling are used up.
- Bake until the top tortilla is golden, **10-12 minutes**.

**TIP:** Build two towers if you're cooking for 4 people!

**Little cooks:** Take the lead and help assemble the tortilla tower!



## Prep the avocado

- Meanwhile, slice **avocado** in half, scoop out flesh and roughly chop.
- In a medium bowl, mash **avocado** with a drizzle of **olive oil** until smooth. Season with **salt** and **pepper** to taste.

**Little cooks:** Help scoop out and mash the avo!



## Serve up

- Using a bread knife, cut cheesy Mexican beef tortilla tower into wedges (like a cake!) and divide between plates.
- Serve with avocado and **light sour cream**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS



#### DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.



#### 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.

