



Cheesy All-American Beef & Bacon Nachos

with Avo & Sour Cream

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your meal kit with this number

4



Garlic



Carrot



Sweetcorn



Mini Flour Tortillas



Diced Bacon



Beef Mince



All-American Spice Blend



Tomato Paste



Cheddar Cheese



Avocado



Light Sour Cream



Chicken Breast



Cheddar Cheese

Prep in: 25-35 mins
Ready in: 30-40 mins

What do you call cheese that isn't yours? It's nacho cheese! Luckily for you, we don't just have cheesy words, we also have cheesy nachos (and they're all yours). The saucy topping includes our All-American spice blend for subtle heat and delicious flavour and we've added sour cream for a refreshing balance. The combination on this tasty meal is no joke!

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

Air fryer or two oven trays lined with baking paper · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
sweetcorn	1 medium tin	1 large tin
mini flour tortillas	6	12
diced bacon	1 medium packet	1 large packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	2 medium sachets
tomato paste	1 medium packet	1 large packet
water*	½ cup	¾ cup
Cheddar cheese	1 medium packet	1 large packet
avocado	½	1
light sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4050kJ (968cal)	382kJ (91cal)
Protein (g)	50.7g	4.8g
Fat, total (g)	54.4g	5.1g
- saturated (g)	20.7g	2g
Carbohydrate (g)	63.5g	6g
- sugars (g)	16g	1.5g
Sodium (mg)	1554mg	146.6mg
Dietary Fibre (g)	13.2g	1.2g

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

- Finely chop **garlic**.
- Grate **carrot**.
- Drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn kernels**, tossing until lightly browned, **4-5 minutes**. Transfer to bowl.

TIP: Cover the pan with a lid if the kernels are 'popping' out.



Cook the nacho chips

- Meanwhile, slice **mini flour tortillas** into quarters.
- Set air fryer to **200°C**. Place **tortilla chips** into the air fryer basket (don't worry if they overlap). Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Cook, until golden and crispy, **4-5 minutes**. Cook in batches if needed.

TIP: No air fryer? Preheat oven to 200°C/180°C fan-forced. Divide tortillas between two lined oven trays (don't worry if they overlap). Turn with olive oil and season with salt. Bake until lightly golden and crispy, 8-10 minutes.



Start the topping

- Meanwhile, return pan to high heat. Cook **diced bacon** (no need for oil!), breaking bacon up with a spoon, until just golden, **3-4 minutes**.
- Add **beef mince** and **carrot** and cook, breaking mince up with a spoon, until browned, **4-5 minutes**.
- Add **garlic**, **All-American spice blend** and **tomato paste** and cook until fragrant, **1 minute**.



Finish the topping

- To the beef, add the **water** and stir to combine.
- Bring to the boil, then reduce the heat to low and simmer until slightly thickened, **1-2 minutes**. Season with **pepper**.
- Sprinkle **Cheddar cheese** over, then cover with a lid (or foil) and cook until the cheese has melted, **2-3 minutes**.

TIP: Don't simmer it for too long, you want it to be nice and saucy!



Mash the avo

- While the cheese is melting, place **avocado** (**see ingredients**) flesh into a small bowl and mash with a fork. Season to taste.

Little cooks: Help prep the avo!



Serve up

- Divide the nacho chips between plates and top with the cheesy Tex-Mex beef and bacon mixture.
- Top with **light sour cream**, charred corn and avocado to serve. Enjoy!

TIP: Serve the nacho chips on the side if you prefer!
Little cooks: Have fun assembling the nachos!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook with carrot, until cooked through, 4-6 minutes.



DOUBLE CHEDDAR CHEESE

Follow method above.

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

