

Cheesy Mexican Beef Tortilla Tower

with Avocado & Sour Cream

KID'S KITCHEN

Grab your meal kit with this number

44



Carrot



Beef Mince



Tomato Paste



Tex-Mex Spice Blend



Vegetable Stock Pot



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
olive oil*	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	½ large sachet	1 large sachet
vegetable stock pot	1 small packet	1 medium packet
water*	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)	3658kJ (874Cal)	827kJ (197Cal)
Protein (g)	43.9g	9.9g
Fat, total (g)	50.1g	11.3g
- saturated (g)	18.7g	4.2g
Carbohydrate (g)	58.5g	13.2g
- sugars (g)	13.4g	3g
Sodium (mg)	1501mg	339mg
Dietary Fibre (g)	13g	2.9g

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**.
- 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**. Drain **oil** from the pan.



Finish the filling

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

Little cooks: Help measure out the water!

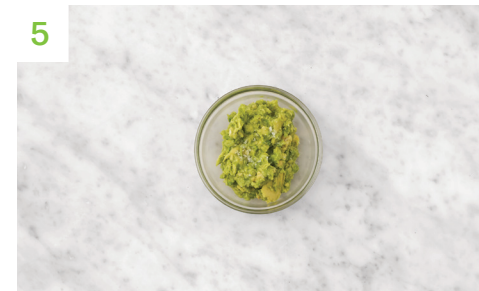


Bake the tower

- Place one **mini flour tortilla** on a lined oven tray. Top the 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: If you're baking for 4 people, build two tortilla towers.

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 to taste.

Little cooks: Help scoop out and mash the avo!



Finish & serve

- 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

2025 | CW02



CUSTOM OPTIONS



DOUBLE BEEF MINCE

Follow method above, cook 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.

