



# Cheesy Beef Nachos

with Avocado Crema

Grab your Meal Kit with this symbol



Brown Onion



Tomato



Garlic



Corn



Coriander



Lime



Carrot



Mini Flour Tortillas



Beef Mince



Tex-Mex Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Avocado



Greek Yoghurt

Hands-on: 25 mins  
Ready in: 30 mins

Feeling the need for muchos nachos? Make everyone in the house happy tonight with these easy homemade tortilla chips served with cheesy beef mince, charred corn and avocado crema.

### Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Two oven trays lined with baking paper ·  
Large frying pan with a lid

### Ingredients

	4 People
olive oil*	refer to method
brown onion	1
tomato	1
garlic	3 cloves
corn	1 cob
coriander	1 bag
lime	1
carrot	1
mini flour tortillas	12
beef mince	1 packet
Tex-Mex spice blend	2 sachets
tomato paste	2 sachets
water*	½ cup
shredded Cheddar cheese	1 packet (100g)
avocado	1
Greek yoghurt	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3210kJ (767Cal)	652kJ (156Cal)
Protein (g)	47.4g	9.6g
Fat, total (g)	35.0g	7.1g
- saturated (g)	12.9g	2.6g
Carbohydrate (g)	60.2g	12.2g
- sugars (g)	12.1g	2.5g
Sodium (g)	1190mg	242mg

### Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 1. Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **brown onion** and **tomato**. Finely chop the **garlic** (or use a garlic press). Slice the **corn** kernels off the cob. Roughly chop the **coriander**. Slice the **lime** into wedges. Grate the **carrot** (unpeeled).



## 4. Make it saucy

Add the **tomato paste** and the **water** to the frying pan and stir to combine. Bring to the boil, then reduce the heat to low and simmer until slightly thickened, **2-3 minutes**. Add a **dash** of **water** if the sauce is too thick. Season to taste with **salt** and **pepper**.

**TIP:** Don't cook it for too long, you want the nachos to be nice and saucy!



## 2. Bake the tortilla chips

Slice each **mini flour tortilla** into 6 wedges. Arrange the **tortilla** wedges over two oven trays lined with baking paper. **Drizzle** or spray with **olive oil** and season with **salt** and **pepper**. Bake until golden and crispy, **7-9 minutes**.

**TIP:** Keep an eye on them. You want them crisp, but not burnt!



## 5. Make the avocado crema

Sprinkle the **shredded Cheddar cheese** over the **beef mixture**, cover with a lid or foil and cook until the cheese has melted, **2-3 minutes**. While the cheese is melting, slice the **avocado** in half and scoop the flesh out of its skin. Place in a small bowl and mash with a fork. Add the **Greek yoghurt** and stir to combine. Add a **squeeze** of **lime juice** and season to taste with **salt** and **pepper**.

**TIP:** For a smoother crema, use a food processor or stick blender.



## 3. Start the mince

**SPICY!** This is a mild spice blend, but feel free to add less, depending on your taste. While the tortillas are baking, heat a large frying pan over a high heat. Add the **corn kernels** and cook until charred, **4-5 minutes**. Transfer to a bowl. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and **carrot** and cook until softened, **3-4 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add the **Tex-Mex spice blend** and cook until fragrant, **1 minute**.



## 6. Serve up

Divide the tortilla chips between plates and top with the cheesy beef mixture. Finish the nachos with a dollop of the avocado crema and scatter over the charred corn, tomato and coriander. Serve with the remaining lime wedges.

**TIP:** Serve the tortilla chips on the side if you prefer!

## Enjoy!