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## Healthy Mexican Nachos with Sour Cream & Cheddar

Like Robert Downey Jr and Charlie Sheen, there are certain controversial dishes. But just as those two have dusted themselves off to reach new career heights, some badly behaved recipes can be saved. Nachos have been getting a bad rap for years thanks to junky pub menus, but we've revamped the dish into a nutrition powerhouse.

**Prep:** 15 mins  
**Cook:** 20 mins  
**Total:** 35 mins

**level 1**

**helping hands**

### Pantry Items



Olive Oil



Warm Water



Red Onion



Mild Mexican Seasoning



Beef Mince



Tomato Paste



Wholemeal Lebanese Bread



Tomatoes



Cheddar Cheese



Sour Cream



Coriander Leaves



Lime

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QTY	Ingredients
1 tbs	olive oil *
1	red onion, finely sliced
½ sachet	mild Mexican seasoning ( <b>recommended amount</b> )
1 packet	beef mince
1 sachet	tomato paste
¼ cup	warm water *
3	wholemeal Lebanese breads
2	tomatoes, diced
1 block	Cheddar cheese, grated
1 tub	sour cream
1 bunch	coriander, leaves picked
1	lime, sliced into wedges

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2670	Kj
Protein	45.6	g
Fat, total	32.5	g
-saturated	16.5	g
Carbohydrate	38.9	g
-sugars	9.9	g
Sodium	697	mg



**You will need:** *chef's knife, chopping board, box grater, medium frying pan, wooden spoon and oven tray lined with baking paper.*

**1** Preheat the oven to **200°C/180°C fan-forced**.

**2** Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **red onion** and **mild Mexican seasoning** and cook, stirring, for **4-5 minutes**, or until soft. Add the **beef mince** and cook, breaking up with a wooden spoon, for **4-5 minutes**, or until browned. Add the remaining Mexican seasoning if your family likes the flavour. Stir through the **tomato paste** and **warm water**. Simmer, stirring occasionally, for **7-8 minutes** until the water has reduced and the sauce has thickened.



**3** While the mince is simmering, brush the **wholemeal Lebanese breads** with a little olive oil (or use a spray oil) and then cut into triangles. Place the triangles on the prepared oven tray. (Note: you may need to two trays for this.) Cook for **7 minutes** in the oven, or until golden (watch they don't burn!).



**4** To serve, divide the cooked chips between bowls. Top with the Mexican mince, fresh **tomato**, grated **Cheddar cheese** and a dollop of **sour cream**. Garnish with the **fresh coriander** and **lime wedges**. Enjoy!



**Did you know?** Nachos were invented in northern Mexico by Ignacio "Nacho" Anaya in 1943.