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WK41
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Mexican Beef Bowl with Crunchy Tortillas

If ever there was a healthy corn chip, these homemade tortilla chips are it. You could even prepare these ahead of time and store in a cool dry place, talk about simple. With bulked up healthy mince and creamy, soft avocado, they're the perfect antidote to any sugary treats the kids have been snacking on.

 **Prep:** 10 mins
 **Cook:** 25 mins
 **Total:** 35 mins

 **level 1**
 **helping hands**

 **lactose free**

Pantry Items



Olive Oil



Red Onion



Mexican Beef Mince



Zucchini



Diced Tomatoes





White Flour Tortillas




Avocado


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QTY	Ingredients
2 tsp	olive oil *
1	red onion, finely chopped
1 packet	Mexican beef mince
2	zucchini, grated & excess moisture removed 
2 tins	diced tomatoes
1 packet	white flour tortillas, cut into triangles 
1	avocado, diced

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2940	Kj
Protein	46	g
Fat, total	33.8	g
-saturated	12.1	g
Carbohydrate	48.3	g
-sugars	14.6	g
Sodium	1010	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 cook, stirring, for **3 minutes**, or until soft. Add the **Mexican beef mince** and cook, breaking up with a wooden spoon, for **2-3 minutes** or until browned. Add the **zucchini** and **diced tomatoes**. Bring the mixture to the boil. Reduce the heat to medium-low and simmer for **10 minutes**, or until the sauce thickens a little. Season to taste with **salt and pepper**.

3 Meanwhile, brush or spray the **white flour tortillas** with a little oil and lay flat on the prepared oven tray. Cook in the oven for **5-10 minutes** or until golden and crisp.

4 To serve, divide the tortilla triangles, Mexican mince mixture, and **avocado** between bowls.



Did you know? The world's largest zucchini on record was 1.76m long, and weighed 29kg.