

FOR the  
Little ONES



↑  
Cheesy Beef Nachos



# Beef taco hotPot

A cosy taco inspired one-pot with beef mince, veggies and beans. Topped with crunchy tortilla strips and a dollop of sour cream.

35 Minutes
 2 Servings
 Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	47g	86g

## FROM YOUR BOX

SHALLOT	1
GARLIC CLOVE	1
CORN COB	1
AVOCADO	1
BEEF MINCE	300g
KIDNEY BEANS	400g
CHOPPED TOMATOES	400g
SOUR CREAM	1 tub
TORTILLA STRIPS	1 bag

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, smoked paprika, dried oregano

## COOKING TOOLS

large pan with lid, frypan

Use less tomato base for a thicker sauce. Spoon over tortilla strips, top with shredded cheese and bake until melted for easy nachos.

### Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.



### 1. PREPARE the VEGGIES

Finely chop **shallot** and crush **garlic**. Remove **corn kernels** from cob. Mash **avocado** with **1/2 tbsp olive oil, salt and pepper**. Keep separate.

**tip** You can cook the corn into rounds instead if you prefer.



### 4. COOK the CORN

Meanwhile heat a separate pan with **oil** over medium-high heat. Add the **corn kernels** and cook for 3-4 minutes until golden and slightly charred.

**tip** This step is optional - cooking the corn adds sweetness and a little extra flavour to the topping.



### 2. COOK the Beef

Heat a pan with **oil** over medium-high heat. Add **beef mince** and cook for 5 minutes, breaking it up with a spoon. Add **shallot** (reserve 1/2-1 tbsp for serving), **garlic**, **2 tsp cumin**, **2 tsp smoked paprika**, **1 tsp dried oregano**.



### 3. SIMMER the hotPot

Cook for 2 minutes then stir in **drained kidney beans**, **chopped tomatoes** and **1/2 tin water**. Cover with a lid, reduce heat to medium-low and simmer for 15 minutes. Adjust seasoning with **salt and pepper** to taste.



### 5. FINISH AND SERVE

Serve **hotpot** in shallow bowls and top with **cooked corn**, **avocado** and a **dollop of sour cream**. Garnish with any reserved **shallot** and serve with **tortilla strips**.

**tip** Add any other toppings you like such as grated cheese or fresh coriander.