

for the  
little ones

Veggies

ChIPS &  
Mashed  
ayo

Beef &amp; Cheese



# family Beef Nachos



20 Minutes



2 Servings



Beef

Mexican beef mince served on tortilla chips with melty cheese. Speedy, delicious and easy to add your favourite toppings!

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## FROM YOUR BOX

BEEF MINCE	250g
TOMATO PASTE	1 sachet
TOMATO	1
AVOCADO	1
TORTILLA STRIPS	1 bag
SHREDDED CHEDDAR CHEESE	1 packet
CORN COB	1

## FROM YOUR PANTRY

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

## COOKING TOOLS

frypan, oven tray, saucepan

### Make a chilli con carne!

Add some crushed tomatoes and beans with water or stock to make a quick chilli con carne. Serve over rice with tortilla strips for dipping!

### Before you start!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans chopping board and knife, before you start cooking!



### 1. COOK the Beef

Set oven to 250°C.

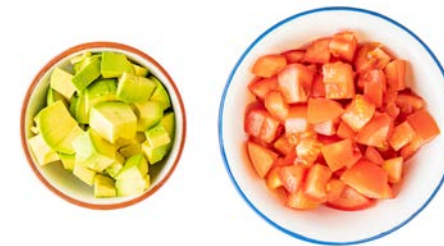
Heat a frypan with a little **oil** over medium-high heat. Add **beef mince** and cook for 6 minutes. Use a spatula to break up the mince.



### 2. SEASON the Beef

Add 2 tsp each of **smoked paprika** and **cumin** along with **tomato paste**. Combine well, adding **2 tbsp water**. Cook for further 2-3 minutes. Season to taste with **salt and pepper**.

**tip** Add more spice, garlic or dried oregano for more flavour!



### 3. PREPARE the GARNISH

Dice **tomato** and **avocado**. Add to serving bowls and take to the table.

**tip** Mash the avocado instead if you prefer!



### 4. ASSEMBLE the NACHOS

Spread **tortilla strips** over a lined oven tray (use to taste). Top with **beef** and **shredded cheese**. Place in the oven and cook for 3-5 minutes or until cheese has melted.



### 5. COOK the CORN

Remove husks and silks from **corn cob**. Cut into quarters and place in a saucepan. Cover with water and bring to a boil. Cook for 1-2 minutes. Drain and place in a serving bowl.



### 6. FINISH AND SERVE

Serve **nachos** at the table with **corn**, **tomatoes** and **avocado**.

**tip** Add dollops of salsa, sour cream or yoghurt if you like, or serve with some jalapeños or hot sauce.