

B4

DINNER TWIST
LOCAL, HEALTHY, DELIVEREDfor the
little ones

Cheesy Beef Nachos



Beef taco hotPot



35 Minutes



4 Servings



Beef

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

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FROM YOUR BOX

BROWN ONION	1
SWEET POTATO	300g
CORN COB	1
BEEF MINCE	600g
TOMATO PASTE	1 sachet
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

You can cut sweet potato into larger chunks and roast it in the oven instead. Add it to the hotpot when serving – easy to pick around for the kids if needed!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. PREPARE the VEGGIES

Dice **onion** and **sweet potato** (roughly 1-2cm). Remove kernels from **corn cob**, keep separate.

tip You can cook the corn into rounds instead if you prefer to serve as finger food on the side.



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 frypan with **oil** over medium-high heat. Add **beef mince** and cook for 4-5 minutes, breaking it up with a spoon. Season with **2 tsp cumin**, **2 tsp smoked paprika**, **2 tsp dried oregano**.

tip Use a pre-made Mexican or Taco spice mix if you prefer!



3. SIMMER the hotPot

Add onion and sweet potato to the pan. Cook for 3-4 minutes. Stir in **tomato paste**, drained **kidney beans**, **chopped tomatoes** and **1 tin water**. Cover with a lid, reduce heat to medium-low and simmer for 15 minutes or until the sweet potato is tender.



5. FINISH AND SERVE

Adjust seasoning with **salt and pepper** to taste.

Serve hotpot in shallow bowls and top with cooked corn and a dollop of **sour cream**. Serve with **tortilla strips**.

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