



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



4/6 Servings



Beef

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	43g	40g	44g/48g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
RED ONION	1	1
GARLIC CLOVES	2	3
CORN COB	1	2
AVOCADO	1	2
BEEF MINCE	600g	600g + 300g
KIDNEY BEANS	400g	400g
TOMATO PASSATA	700ml	700ml
SOUR CREAM	1 tub	1 tub
TORTILLA STRIPS	1 bag	2 bags

FROM YOUR PANTRY

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

COOKING TOOLS

large pan with lid, frypan

Reduce the tomato passata slightly and serve as nachos instead. Spoon over tortilla strips, top with shredded cheese and bake until melted.

Before you start cooking!

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



1. PREPARE the VEGGIES

Finely chop **red onion** 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 **red onion** (reserve 1-2 tbsp for serving), **garlic**, **3 tsp cumin**, **3 tsp smoked paprika**, **2 tsp dried oregano**.

6P - use 1 tbsp each smoked paprika and cumin and 3 tsp oregano.



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 **red onion** and serve with **tortilla strips**.

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



3. SIMMER the hotPOT

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

6P - use 1 cup water.