

for the
little ones

Veggies

ChIPS &
Mashed
ayo

Beef & Cheese



family Beef Nachos



20 Minutes



4 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	500g
TOMATO PASTE	1 sachet
TINNED KIDNEY BEANS	400g
TOMATOES	2
AVOCADO	1
TORTILLA STRIPS	1 bag
SHREDDED CHEDDAR CHEESE	1 packet
CORN COBS	2

FROM YOUR PANTRY

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

COOKING TOOLS

large 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.

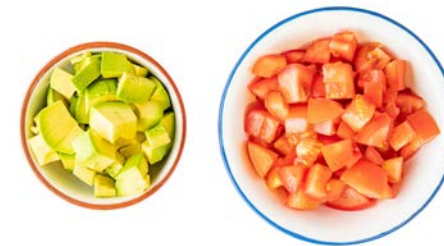
Heat a large frypan with a little **oil** over medium-high heat. Add **beef mince** and cook for 6 minutes. Use a spatula to break up the mince.



2. SEASON the Beef

Add 3-4 tsp each of **smoked paprika** and **cumin** along with **tomato paste**. Combine well, adding drained **beans** and **1/3 cup 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 **tomatoes** 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. 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 cobs**. 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.