



for the  
little ones

Veggies



ChIPS &  
Mashed  
ayo

Beef & Cheese



# family Beef Nachos

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



20 Minutes



4/6 Servings



Beef

| Per serve   | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 40g     | 36g/40g   | 41g           |



## FROM YOUR BOX

|                         | 4 PERSON | 6 PERSON    |
|-------------------------|----------|-------------|
| BEEF MINCE              | 600g     | 600g + 300g |
| TOMATO PASTE            | 1 sachet | 2 sachets   |
| TOMATOES                | 2        | 3           |
| AVOCADO                 | 1        | 2           |
| TORTILLA STRIPS         | 1 bag    | 2 bags      |
| SHREDDED CHEDDAR CHEESE | 1 packet | 1 packet    |
| CORN COBS               | 2        | 3           |

## 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.

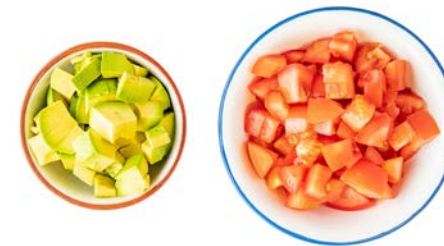
Heat a large frypan with a little **oil** over medium-high heat. Add **beef mince** and cook for 6 minutes. Use a spatula to break up the **mince**.



### 2. SEASON the Beef

Add **3-4 tsp each of smoked paprika and cumin** along with **tomato paste**. Combine well and pour in **1/3 cup water**. Cook for further 2-3 minutes. Season to taste with **salt and pepper**.

**6P - add 1 tbsp each of smoked paprika and cumin along with tomato paste and 1/2 cup water.**



### 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.