




Product Spotlight: Nutritional Yeast


Nutritional yeast is a deactivated yeast and a rich source of B complex vitamins. It is a great cheese substitute in recipes.



3 Beef Nachos with Pickled Cabbage

Authentic corn totopos chips topped with Mexican beef mince, pickled cabbage and fresh salsa toppings. Finished with a dollop of “cheesy” cashew sauce.

 30 minutes

 2 servings

 Beef

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Spice it up!

You can add some dried oregano, cayenne pepper or ground coriander to the beef mince for a little more excitement in the flavour! Have a spare avocado? Dice it up and add it to the toppings.

Per serve: **PROTEIN** 28g **TOTAL FAT** 49g **CARBOHYDRATES** 87g

FROM YOUR BOX

CASHEWS/NUTRITIONAL YEAST	1 packet (110g)
SHREDDED RED CABBAGE	1/2 bag (125g) *
TOMATO	1
CORIANDER	1/2 packet *
JALAPEÑO CHILLI	1
RED ONION	1/2 *
BEEF MINCE	300g
TOTOPOS CHIPS	1 bag

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, white wine vinegar, ground cumin, smoked paprika, ground turmeric, sugar (of choice), tomato paste

KEY UTENSILS

large frypan, stick mixer or blender

NOTES

The cashew sauce should have the same consistency as sour cream. If you prefer it thinner you can blend in more water.

Any spare cashew sauce is great stirred through pasta or on top of roast veggies!

No beef option – beef mince is replaced with chicken mince.



1. SOAK THE CASHEWS

Soak cashew mix in **1/3 cup water**, **1 1/2 tbsp vinegar** and **1/2 tsp turmeric**. Set aside.



4. BLEND THE CASHEW SAUCE

Blend cashew mix together until smooth using a stick mixer or blender. Season with **salt and pepper** to taste.



2. PREPARE THE TOPPINGS

Place cabbage in a bowl. Toss with **1 tsp sugar**, **1 tbsp vinegar** and **salt**. Set aside.

Dice tomato. Chop coriander and slice jalapeño. Set aside.



5. FINISH AND PLATE

Divide totopos chips among plates. Top with beef, pickled cabbage and fresh toppings. Finish with a dollop of cashew sauce.



3. COOK THE BEEF

Heat frypan over medium-high heat with **oil**. Dice onion, add to pan along with beef, **1/2 tbsp cumin**, **1/2 tbsp paprika** and **1 tbsp tomato paste**. Cook for 6–8 minutes until cooked through. Stir through **2 tbsp water** and season with **salt and pepper**.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

