




### Product Spotlight: Avocado


Did you know that avocado is a fruit? Just 1/3 of an avocado contains 20 different vitamins and minerals! It is the only fruit to contain heart healthy monounsaturated fat...good fat!



## 4 Beef and Bean Nachos with Fresh Salsa

Beef mince and bean nachos seasoned with Turban Chopsticks Mexican Spice mix. Finished with melted cheese and a fresh avocado, cherry tomato and capsicum salsa.

 30 minutes

 2 servings

 Beef

29 October 2021

## Little hands!

*Make individual serves of nachos. Let your master chefs spread their corn chips then top with nacho mix and cheese.*

## FROM YOUR BOX

BEEF MINCE	300g
SHALLOT	1
TINNED KIDNEY BEANS	400g
TOMATO PASTE	1 sachet
MEXICAN SPICE MIX	1 packet (20g)
AVOCADO	1
GREEN CAPSICUM	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
TORTILLA STRIPS	1 bag (230g)
GRATED CHEESE	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, salt, pepper, red wine vinegar

## KEY UTENSILS

frypan, oven tray

## NOTES

Keep salsa ingredients separate for fussy eaters.

Add capsicum and tomatoes to tray with nachos and mash the avocado to dollop.

Freeze any leftover cheese to use at a later time.

**No beef option - beef mince is replaced with chicken mince.** Add 2 tbsp oil at step 1 and reduce cooking time to 3-5 minutes.



### 1. BROWN THE MINCE

Set oven to 200°C.

Heat a frypan over high heat. Add the mince and cook, breaking up with a spatula, for 5-8 minutes until browned.



### 2. ADD THE SHALLOT

Slice and add shallot with drained beans, tomato paste and spice mix. Cook for 2 minutes then add **1/2 cup water**. Simmer for a further 5 minutes.



### 3. MAKE THE SALSA

Dice avocado and capsicum. Roughly chop cherry tomatoes. Mix together with **1/2 tbsp olive oil, 1 tsp vinegar, salt and pepper** (see notes).



### 4. MAKE THE NACHOS

Spread tortilla strips on a lined oven tray. Top with mince mixture and cheese (to taste, see notes). Place in oven for 5-10 minutes until cheese is melted.



### 5. FINISH AND SERVE

Serve nachos with salsa.

**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**

