



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: AVOCADO

Did you know avocado trees do not self-pollinate? They need another avocado tree close by in order to grow. So romantic!



2. ONE TRAY CHEESY NACHOS

One tray nacho bake for the whole family to share at the dinner table. Topped with cheddar cheese and served with dollops of mashed avocado!

 20 Minutes

 4 Servings

13 April 2020

FROM YOUR BOX

BEEF MINCE	600g
CORN COB	1
SPRING ONIONS	1/4 bunch *
TOMATOES	2
TOMATO PASTE	1 sachet
BLACK BEANS	400g
TORTILLA STRIPS	1 bag
GRATED CHEESE	1 packet (200g)
AVOCADOS	2

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika, ground cumin

KEY UTENSILS

frypan, oven tray

NOTES

Scatter the topping ingredients fresh at the end if you prefer.

Blend avocados using a stick mixer if you prefer a smoother dollop!

No beef option - beef mince is replaced with chicken mince. Add oil to frypan when cooking, at step 1.



1. BROWN THE MINCE

Set oven to 220°C.

Heat a large frypan over high heat. Add beef mince and cook, breaking up lumps with a wooden spoon, for 6-8 minutes or until browned and dry.



2. PREPARE THE TOPPINGS

In the meantime, remove kernels from corn cob, slice spring onions and tomatoes.



3. FINISH THE MINCE

Season mince with **2 tsp cumin** and **3 tsp smoked paprika**. Stir in tomato paste, **1/4 cup water** and rinsed beans. Season to taste with **salt and pepper**.



4. ASSEMBLE THE NACHO TRAY

Spread tortilla strips over a lined oven tray and top with mince mixture and prepared topping ingredients (see notes). Sprinkle over grated cheese and cook in the oven for 5-7 minutes or until cheese has melted.



5. MASH THE AVOCADO

Use a fork to mash avocados with **1 tbsp olive oil**, **1/2 tsp cumin** and **salt** (see notes).



6. FINISH AND PLATE

Serve nacho tray at the table with dollops of avocado mash.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

