



Cheesy Mexican Beef Tortilla Tower

with Avocado & Sour Cream

KID'S KITCHEN

NEW

KID FRIENDLY

Grab your meal kit with this number

42



Carrot



Beef Mince



Tomato Paste



Tex-Mex Spice Blend



Vegetable Stock Powder



Mini Flour Tortillas



Shredded Cheddar Cheese



Avocado



Sour Cream



Pork Mince



Cheddar Cheese

Prep in: 20-30 mins
Ready in: 40-50 mins

It's all hands on deck, this recipe is designed to be cooked by grown-ups and kids together! Let's work side-by-side to stack up this almighty tortilla tower, layered with a cheesy, beefy filling which acts like the perfect glue to hold it all together. Cut yourself a big slice - you've earned it after all that hard work!

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

| | 2 People | 4 People |
|-------------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| beef mince | 1 medium packet | 2 medium packets OR 1 large packet |
| tomato paste | 1 packet | 2 packets |
| Tex-Mex spice blend | 1 medium sachet | 1 large sachet |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| water* | ½ cup | 1 cup |
| mini flour tortillas | 6 | 12 |
| shredded Cheddar cheese | 1 medium packet | 1 large packet |
| avocado | 1 (small) | 1 (large) |
| sour cream | 1 medium packet | 2 medium packets |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 4114kJ (983Cal) | 875kJ (209Cal) |
| Protein (g) | 45.7g | 9.7g |
| Fat, total (g) | 62.7g | 13.3g |
| - saturated (g) | 25.9g | 5.5g |
| Carbohydrate (g) | 53.1g | 11.3g |
| - sugars (g) | 13.6g | 2.9g |
| Sodium (mg) | 1575mg | 335mg |
| Dietary Fibre (g) | 17g | 3.6g |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Grate **carrot**.

Little cooks: Grate the carrot, but watch out for your fingers!



Start the filling

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, stirring, until softened, **4-5 minutes**.
- Add **beef mince** and cook, breaking up mince with a spoon, until just browned, **3-5 minutes**.



Finish the filling

- Stir in **tomato paste**, **Tex-Mex spice blend**, **vegetable stock powder** and the **water**.
- Reduce heat to medium-low and simmer until thickened, **2-3 minutes**. Season to taste.

Little cooks: Help measure out the water!



Bake the tower

- Place one **mini flour tortilla** on a lined oven tray. Top the **tortilla** with some filling, spreading out in an even layer. Sprinkle with some **shredded Cheddar cheese**.
- Repeat layering until all the tortillas and filling are used up. (If cooking for 4, build two towers).
- Bake until the top tortilla is golden, **10-12 minutes**.

Little cooks: Take the lead and help assemble the tortilla tower!



Prep the avocado

- Meanwhile, slice **avocado** in half, scoop out flesh and roughly chop.
- In a medium bowl, mash **avocado** with a drizzle of **olive oil** until smooth. Season to taste.

Little cooks: Help scoop out and mash the avo!



Serve up

- Using a bread knife, cut beef tortilla tower into wedges (like a cake!).
- Divide tortilla tower and mashed avocado between plates.
- Serve with **sour cream**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW32



**CUSTOM
OPTIONS**



SWAP TO PORK MINCE
Follow method above.



DOUBLE CHEDDAR CHEESE
Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

