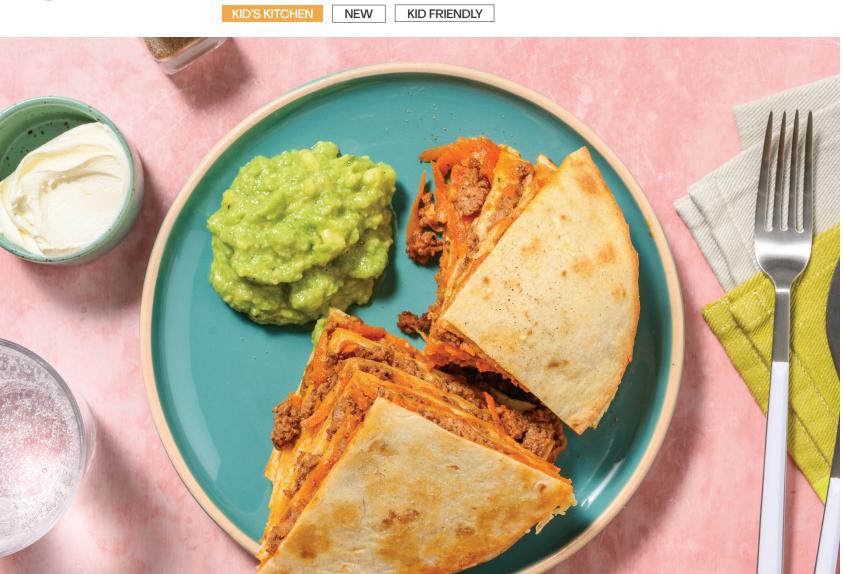


Cheesy Mexican Beef Tortilla Tower with Avocado & Sour Cream





Grab your meal kit with this number







Tomato Paste



Tex-Mex

Spice Blend





Mini Flour

Vegetable Stock



Shredded Cheddar Cheese



Avocado



Sour Cream





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
4.		

*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!









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

