

# Cheesy Mexican Beef Tortilla Tower

with Avocado & Sour Cream

KID'S KITCHEN

Grab your meal kit  
with this number

42



Carrot



Beef Mince



Tomato Paste



Tex-Mex  
Spice Blend



Vegetable Stock  
Powder



Mini Flour  
Tortillas



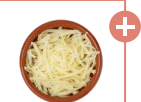
Shredded Cheddar  
Cheese



Avocado



Sour Cream



Cheddar  
Cheese



Beef & Pork  
Mince

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
<b>olive oil*</b>	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
<b>water*</b>	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 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3865kJ (923Cal)	883kJ (211Cal)
Protein (g)	44.9g	10.3g
Fat, total (g)	56.5g	12.9g
- saturated (g)	23.5g	5.4g
Carbohydrate (g)	52.2g	11.9g
- sugars (g)	12.7g	2.9g
Sodium (mg)	1578mg	361mg
Dietary Fibre (g)	13.2g	3g

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



## 1 Get prepped

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

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



## 2 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**.



## 3 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!



## 4 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!



## 5 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!



## 6 Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



### CUSTOM OPTIONS

**+** **DOUBLE CHEDDAR CHEESE**  
Follow method above.

**↻** **SWAP TO BEEF & PORK MINCE**  
Follow method above.

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

