



Hearty Tex-Mex Beef Nachos

with Cheddar Cheese & Sour Cream

KID FRIENDLY



Grab your Meal Kit with this symbol



Celery



Carrot



Sweetcorn



Mini Flour Tortillas



Beef Mince



Tex-Mex Spice Blend



Tomato Paste



Beef-Style Stock Powder



Shredded Cheddar Cheese



Sour Cream



Parsley



Plant-Based Mince

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

What do you call cheese that isn't yours? It's nacho cheese! Luckily for you, we don't just have cheesy words, we also have cheesy nachos (and they're all yours). The saucy topping includes our Tex-Mex spice blend for subtle heat and delicious flavour, and we've added sour cream for a refreshing balance. The combination in this tasty meal is no joke!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food

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

You will need

Two oven trays lined with baking paper · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
carrot	½	1
sweetcorn	1 tin	1 tin
mini flour tortillas	6	12
beef mince	1 packet	1 packet (or 2 packets)
Tex-Mex spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
water*	½ cup	¾ cup
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
sour cream	1 medium packet	1 large packet
parsley	1 bag	1 bag
plant-based mince**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3428kJ (819Cal)	762kJ (182Cal)
Protein (g)	46.1g	10.2g
Fat, total (g)	42.6g	9.5g
- saturated (g)	23.2g	5.2g
Carbohydrate (g)	55.2g	12.3g
- sugars (g)	14.8g	3.3g
Sodium (mg)	1847mg	410mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3236kJ (773Cal)	761kJ (182Cal)
Protein (g)	37.5g	8.8g
Fat, total (g)	38.5g	9.1g
- saturated (g)	16.6g	3.9g
Carbohydrate (g)	62g	14.6g
- sugars (g)	16g	3.8g
Sodium (mg)	2556mg	601mg

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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **celery**. Grate **carrot (see ingredients)**. Drain the **sweetcorn**.

Little cooks: Under adult supervision, older kids can help grate the carrot.



Bake the nacho chips

- Slice **mini flour tortillas** into quarters.
- Divide between two lined oven trays (don't worry if they overlap). Turn with **olive oil** and season with **salt**.
- Bake until lightly golden and crispy, **8-10 minutes**.



Cook the beef & veggies

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **celery, carrot** and **sweetcorn**, stirring, until tender, **5-6 minutes**.
- Add **beef mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Add **Tex-Mex spice blend** and **tomato paste** and cook until fragrant, **1 minute**.

Custom Recipe: If you've swapped to plant-based mince, heat the pan as above and cook plant-based mince along with celery, carrot and sweetcorn, breaking up with a spoon, until just browned, 5-6 minutes. Continue with step.



Make it saucy

- Add the **water** and **beef-style stock powder** to the **beef** and stir to combine.
- Bring to the boil, then reduce heat to low and simmer until slightly thickened, **2-3 minutes**. Season to taste.

TIP: Don't simmer it for too long, you want it to be nice and saucy! Add a dash more water to loosen the mixture if needed.



Add the cheese

- Sprinkle **shredded Cheddar cheese** over beef mixture, then cover with a lid (or foil) and cook until cheese has melted, **2-3 minutes**.



Serve up

- Divide nacho chips between plates and top with cheesy beef mixture.
- Dollop with **sour cream** and tear over **parsley** to serve. Enjoy!

TIP: Serve the nacho chips on the side if you prefer!

Little cooks: Add the finishing touch by sprinkling over the parsley!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate