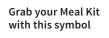


KID FRIENDLY













Sweetcorn

Tortillas



Tex-Mex Spice Blend



Tomato Paste





Shredded Cheddar Cheese



Sour Cream



Parsley





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!

**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  $\cdot$  Large frying pan with a lid (or foil)

# Ingredients

ingi caici ico				
2 People	4 People			
refer to method	refer to method			
1 stalk	2 stalks			
1/2	1			
1 tin	1 tin			
6	12			
1 packet	1 packet (or 2 packets)			
1 sachet	1 sachet			
1 packet	2 packets			
⅓ cup	⅔ cup			
1 sachet (5g)	1 sachet (10g)			
1 packet (40g)	1 packet (80g)			
1 medium packet	1 large packet			
1 bag	1 bag			
1 packet	2 packets			
	refer to method 1 stalk ½ 1 tin 6 1 packet 1 sachet 1 packet ½ cup 1 sachet (5g) 1 packet (40g) 1 medium packet 1 bag			

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3428kJ (819Cal)	<b>762kJ</b> (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)	<b>761kJ</b> (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

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# 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 saucu

- 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