



# EASY BEEF CHILLI CON CARNE

with Baked Tortilla Chips & Avocado Crema



Make an avocado crema



Garlic



Brown Onion



Carrot



Sweetcorn



Beef Mince



Tex-Mex  
Spice Blend



Beef Stock



Tomato Paste



Mini Flour  
Tortillas



Lime



Avocado



Greek Yoghurt



Tomato



Cucumber

Hands-on: **20** mins  
Ready in: **35** mins

This beef chilli con carne is sure to be a family favourite – it can be tailored to everyone’s spice limits and best of all it’s super easy! The avocado crema marries brilliantly with the beef to create a delicious hearty bowl, perfect for scooping up with crispy tortilla chips.

**Pantry Staples:** Olive Oil

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
• **large frying pan** • **two oven trays** lined with **baking paper**



## 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **brown onion**. Grate the **carrot** (unpeeled). Drain the **sweetcorn**.



## 2 BROWN THE BEEF

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and cook until softened, **3-4 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **beef mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**.



## 3 MAKE THE CHILLI

Add the **carrot, sweetcorn** and **1 1/2 sachets Tex-Mex spice blend** to the beef and season with **pepper** to taste. **TIP:** *If you like a bit of heat, feel free to add 2 sachets of the spice blend.* Crumble in **1 beef stock** cube and add the **tomato paste** and **water**. Mix well, then reduce the heat to low and simmer until slightly thickened, **10-12 minutes**.



## 4 BAKE THE TORTILLA CHIPS

While the chilli is cooking, slice the **mini flour tortillas** into wedges. Place the **tortillas** in a single layer over two oven trays lined with baking paper (don't worry if they overlap slightly). **Drizzle** or **spray generously** with **olive oil** and season with **salt** and **pepper**. Bake until lightly golden, **8-10 minutes**.



## 5 MAKE THE AVOCADO CREMA

While the tortillas are baking, juice the **lime** to get **1 tbs**. Slice the **avocado** in half and scoop the flesh out of its skin. Place the **avocado** in a small bowl with the **lime juice**. Season with **salt** and **pepper** and mash with a fork to combine. Add the **Greek yoghurt** to the avocado and stir until well combined. **TIP:** *For a smoother crema, use a food processor or stick blender.* Finely chop the **tomato** and **cucumber**.



## 6 SERVE UP

Divide the beef chilli con carne between bowls and scatter over the tomato and cucumber. Top with a dollop of the avocado crema and serve the tortilla chips on the side.

# ENJOY!

# 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	1 clove
brown onion	1
carrot	1
sweetcorn	1 tin (300g)
beef mince	1 packet
Tex-Mex spice blend	1 1/2 sachets
beef stock	1 cube
tomato paste	2 sachets
water*	1 cup
mini flour tortillas	12
lime	1
avocado	1
Greek yoghurt	1 packet (100g)
tomato	2
cucumber	1

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2920kJ (698Cal)	495kJ (118Cal)
Protein (g)	42.3g	7.2g
Fat, total (g)	27.5g	4.7g
- saturated (g)	7.6g	1.3g
Carbohydrate (g)	63.5g	10.8g
- sugars (g)	15.5g	2.6g
Sodium (g)	1320mg	223mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

2020 | WK06

