



Easy Beef Chilli Con Carne

with Baked Tortilla Chips & Avocado Crema

Grab your Meal Kit with this symbol



Garlic



Brown Onion



Carrot



Sweetcorn



Beef Mince



Tex-Mex Spice Blend



Beef Stock



Tomato Paste



Mini Flour Tortillas



Lemon



Avocado



Greek Yoghurt



Tomato

 Hands-on: **10-20 mins**
Ready in: **25-35 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 items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
brown onion	½	1
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
beef mince	1 medium packet	1 large packet
Tex-Mex spice blend	¾ sachet	1½ sachets
beef stock	½ cube	1 cube
tomato paste	1 sachet	2 sachets
water*	½ cup	1 cup
mini flour tortillas	6	12
lemon	½	1
avocado	½	1
Greek yoghurt	1 packet (100g)	1 packet (200g)
tomato	1	2

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3448kJ (824Cal)	541kJ (129Cal)
Protein (g)	46.6g	7.3g
Fat, total (g)	37.4g	5.9g
- saturated (g)	10g	1.6g
Carbohydrate (g)	65.2g	10.2g
- sugars (g)	21.5g	3.4g
Sodium (mg)	1312mg	206mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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** (see ingredients list). 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**, **Tex-Mex spice blend** (see ingredients list) to the pan and season with **pepper**. Crumble in the **beef stock** (**1/2 cube for 2 people / 1 cube for 4 people**) and add the **tomato paste** and **water**. Mix well, then reduce the heat to low and simmer until slightly thickened, **10-12 minutes**.

TIP: If you like a bit of heat, feel free to add all the spice blend.



4. Bake the tortilla chips

While the chilli is cooking, slice the **mini flour tortillas** into wedges. Place the **tortillas** in a single layer across the 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 **lemon** (see ingredients list). Place the **avocado flesh** (see ingredients list) in a small bowl with the **lemon juice**. Season with **salt** and **pepper** and mash with a fork to combine. Add **1/2 the Greek yoghurt** to the bowl and stir to combine. Finely chop the **tomato**.

TIP: For a smoother crema, use a food processor or stick blender.



6. Serve up

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

Enjoy!