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hello@hellofresh.com.au | (02) 8188 8722

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Family Mexican Beef Tortilla Bowl with Avocado

If ever there was a healthy corn chip, these homemade tortilla chips are it. You could even prepare these ahead of time and store in a cool dry place, like a zip lock bag. With healthy mince and creamy avocado, they're the perfect antidote to any heavy meals and any overeating you may have recently indulged in.



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 1



lactose
free



nut free

Pantry Items



Olive Oil



Red Onion



Garlic



Beef Mince



Zucchini



Diced Tomatoes



Mexican Seasoning



White Flour
Tortillas



Avocado



Lime

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QTY	Ingredients	
2 tsp	olive oil *	
1	red onion, finely chopped	
2 cloves	garlic, peeled & crushed	⊕
600 g	beef mince	
2	zucchini, grated & excess moisture squeezed out	
2 tins	diced tomatoes	
2 tsp	Mexican seasoning	
1 packet	white flour tortillas, cut into triangles	🌿
2	avocados, diced	
1	lime, sliced into wedges	⊕

⊕ Ingredients features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2860	Kj
Protein	41.3	g
Fat, total	35.6	g
-saturated	11.1	g
Carbohydrate	45.7	g
-sugars	13.2	g
Sodium	507	mg



You will need: *chef's knife, chopping board, garlic crusher, box grater, medium frying pan, wooden spoon, and an oven tray lined with baking paper.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **red onion** and **garlic**, and cook for **4-5 minutes** or until soft. Add the **beef mince** and cook, breaking up with a wooden spoon, for **2-3 minutes** or until browned. Add the **zucchini, diced tomatoes** and **Mexican seasoning**. Bring the mixture to the boil. Reduce the heat to medium-low and simmer for **10 minutes** or until the sauce thickens a little. Season to taste with **salt** and **pepper**.

3 Meanwhile, brush or spray the **white flour tortillas** with a little olive oil and lay flat on the lined oven tray. Cook in the oven for **5-10 minutes** or until golden and crispy.

4 To serve, divide the tortilla triangles, Mexican mince mixture, **avocado** and **lime** between bowls. Enjoy!



Did you know? The tortilla chips in this recipe image remind us of an iconic Australian building, can you spot it?