

Caribbean Beef Chilli Nachos Bowl

with Charred Pineapple & Cucumber Salsa

Grab your Meal Kit with this symbol



Garlic



Brown Onion



Carrot



Long Red Chilli (Optional)



Pineapple Slices



Black Beans



Beef Mince



Mild Caribbean Jerk Seasoning



Tomato Paste



Beef Stock



Mini Flour Tortillas



Cucumber



Coriander



Sour Cream

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**
 Spicy (optional long red chilli)

We turned the best things about nachos (the crispy chips) into a side for this delectable chilli so you can enjoy maximum crunch! We've also added charred pineapple salsa and cooling sour cream so you can enjoy an explosion of flavour with every bite.

Pantry items

Olive Oil, White Wine Vinegar

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 · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
brown onion	1	2
carrot	1	2
long red chilli (optional)	½	1
pineapple slices	1 tin	2 tins
black beans	1 tin	2 tins
beef mince	1 small packet	1 medium packet
mild Caribbean jerk seasoning	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
water*	¾ cup	1½ cup
beef stock	1 cube	2 cubes
mini flour tortillas	6	12
cucumber	1	2
coriander	1 bag	1 bag
white wine vinegar*	1 tsp	2 tsp
sour cream	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3951kJ (944Cal)	487kJ (116Cal)
Protein (g)	49.9g	6.2g
Fat, total (g)	35.3g	4.4g
- saturated (g)	12.7g	1.6g
Carbohydrate (g)	94.2g	11.6g
- sugars (g)	36.1g	4.5g
Sodium (mg)	2110mg	260mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.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). Finely chop the **brown onion**. Grate the **carrot** (unpeeled). Thinly slice the **long red chilli** (if using). Drain the **pineapple slices**. Drain and rinse the **black beans**. Heat a large frying pan over a high heat. Add the **pineapple** and cook, turning occasionally, until browned and slightly charred, **3-4 minutes**. Set aside.



4. Bake the tortilla chips

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



2. Cook the beef

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and **carrot** 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**.



5. Make the salsa

While the tortilla chips are baking, finely chop the **cucumber** and **charred pineapple**. Roughly chop the **coriander**. In a small bowl, combine the **pineapple**, **cucumber**, **white wine vinegar**, a **drizzle of olive oil** and a **pinch of salt** and **pepper**. Toss to combine.



3. Make the chilli

Add the **mild Caribbean jerk seasoning** to the pan and cook until fragrant, **1 minute**. Add the **tomato paste**, **water**, **black beans** and crumble in the **beef stock** (**1 cube for 2 people / 2 cubes for 4 people**). Stir to combine, then reduce the heat to low and simmer until slightly thickened, **5-10 minutes**. Season to taste.



6. Serve up

Divide the Caribbean beef chilli and charred pineapple and cucumber salsa between bowls. Top with a dollop of **sour cream**. Garnish with coriander and chilli. Serve with the tortilla chips on the side.

Enjoy!