

BEEFY NACHOS

with Beans, Cheese and Tomato Salsa









Whole Wheat Soft Tortilla









Mature Cheddar Cheese



Easy Garlic

Ground Cumin



Chilli Flakes





Vine Tomato





Green Pepper

Coriander







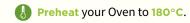






Whether you're entertaining or having a cosy night in, our homemade cheesy nachos with a meaty bean chilli and tomato salsa are the ultimate crowd-pleasing recipe. For the nachos themselves, the best flavour can be produced simply by cutting whole wheat tortillas into triangles and baking until brown and crispy. It's really worth the extra effort for chips that don't get soggy under the toppings! Plate everything up in the middle of your table and tuck in!





BEFORE YOU

🚯 Preheat your Oven to 180°C. 🛮 😭 Wash the veggies. 🖁 👚 Make sure you've got some Baking Paper, a Large Baking Tray, Large Frying Pan, Colander, Fine Grater, Coarse Grater and Mixing Bowl. Let's start cooking the Beefy Nachos with Beans, Cheese and Tomato Salsa.



BAKE THE NACHOS

- a) Lightly oil both sides of each tortilla. Cut the tortillas into eight equal sized triangles. ***** TIP: Lay a couple of the tortillas on top of each other so you can cut more than one at a time!
- b) Pop the triangles onto a large lined baking tray. Arrange in a single layer. Sprinkle over a pinch of salt. Bake on the top shelf of your oven until lightly coloured, 6-8 mins.



2 START THE FILLING

- a) Meanwhile, halve, peel and thinly slice the onion.
- b) Heat a splash of oil in a large frying pan on high heat. Add the onion and beef mince to the pan.
- c) Fry until starting to brown, breaking up the **beef** with a wooden spoon, 5 mins. Drain and rinse the **black beans** in a colander.



3 FINISH THE FILLING

- a) Zest and quarter the lime. Grate the cheddar cheese.
- b) Add the beans, easy garlic, cumin and chilli flakes (careful, they're hot!) to the frying pan.
- c) Cook for 1 min. Add a squeeze of lime juice and season to taste with salt and pepper.
- d) **!! IMPORTANT:** The beef mince is cooked when it is no longer pink in the middle.



BUILD THE NACHOS

- a) Spoon the beef and bean mixture on top of the **nachos** (still on the tray!)
- b) Sprinkle over the cheese.
- c) Bake on the top shelf of the oven until the cheese has melted, 5 mins.



5 MAKE THE SALSA

- a) Roughly chop the tomato into small pieces. Halve the **pepper** and discard the core and seeds. Chop into small pieces. Roughly chop the **coriander** (stalks and all).
- b) Combine the tomato, pepper, coriander and a good pinch of lime zest in a mixing bowl. Add a generous drizzle of **olive oil** and a good squeeze of lime juice. Season to taste with **salt** and **pepper**.

6 SERVE

- a) Remove the nachos from the oven and spoon the tomato and coriander salsa on top.
- **b)** Dollop a spoonful of **soured cream** on top along with a sprinkling of remaining lime zest. Serve any spare lime wedges alongside. Now dig in! Let everyone help themselves.

ENJOY!

INGREDIENTS

	2P	3P	4P
Whole Wheat Soft Tortillas 13)	4	6	8
Onion *	1	1½	2
Beef Mince *	225g	350g	450g
Black Beans	1 carton	1½ cartons	2 cartons
Lime *	1	2	2
Mature Cheddar Cheese 7) ❖	1 block	1½ blocks	2 blocks
Easy Garlic	1 sachet	1½ sachets	2 sachets
Ground Cumin	1 small pot	¾ large pot	1 large pot
Chilli Flakes	a pinch	a pinch	a pinch
Vine Tomato	2	3	4
Green Pepper *	1	1½	2
Coriander *	1 bunch	1 bunch	1 bunch
Soured Cream 7) *	1 pouch	1 pouch	2 pouches

Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 618G	PER 100G
Energy (kJ/kcal)	2956 /707	479 /114
Fat (g)	32	5
Sat. Fat (g)	16	3
Carbohydrate (g)	64	10
Sugars (g)	13	2
Protein (g)	35	6
Salt (g)	2.54	0.41

Nutrition for uncooked ingredients based on 2 person recipe. **ALLERGENS**

7) Milk 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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