



# BEEFY NACHOS

with Beans, Cheese and Tomato Salsa



XXX

xxx



Whole Wheat Soft Tortilla



Onion



Beef Mince



Black Beans



Lime



Mature Cheddar Cheese



Easy Garlic



Ground Cumin



Chilli Flakes



Vine Tomato



Green Pepper



Coriander



Soured Cream

MEAL BAG

15 mins

2 of your 5 a day

Little heat

Rapid recipe

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!

GET PREPARED!

Preheat your Oven to 180°C.

14

# BEFORE YOU START

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**.



## 1 BAKE THE NACHOS

- 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!
- 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.



## 4 BUILD THE NACHOS

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



## 2 START THE FILLING

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



## 5 MAKE THE SALSA

- 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).
- 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**.



## 3 FINISH THE FILLING

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



## 6 SERVE

- Remove the **nachos** from the oven and spoon the **tomato** and **coriander salsa** on top.
- 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!

# 2-4 PEOPLE INGREDIENTS

In order of use

	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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