



# Haunted House Chilli Tortilla Pie

with Guacamole Goo!

N° 11

**FAMILY** Hands on Time: 30 Minutes • Total Time: 45 Minutes • Little Heat • 2.5 of your 5 a day



-  Echalion Shallot
-  Garlic
-  Red Pepper
-  Black Beans
-  Coriander
-  Lime
-  Beef Mince
-  Mexican Spice
-  Tomato Puree
-  Finely Chopped Tomatoes
-  Knorr Chicken Stock Pot
-  Soft Shell Taco
-  Avocado

## Before you start

Our fruit and veggies need a little wash before you use them!

### Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Sieve, Frying Pan, Measuring Jug, Scissors and Ovenproof Dish.

### 2|3|4 People-Ingredients

	2P	3P	4P
Echalion Shallot**	1	1½	2
Garlic**	1	2	2
Red Pepper**	1	1½	2
Black Beans	1	1½	2
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	¾	1
Beef Mince**	240g	360g	480g
Mexican Spice	1 pot	¾ pot	1 pot
Tomato Puree	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water for the Sauce*	150ml	225ml	300ml
Knorr Chicken Stock Pot	1	1½	2
Soft Shell Taco <b>13)</b>	6	8	12
Avocado**	1	1½	2

\*Not Included \*\*Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	776g	100g
Energy (kJ/kcal)	3902/933	503/120
Fat (g)	41	5
Sat. Fat (g)	14	2
Carbohydrate (g)	84	11
Sugars (g)	19	2
Protein (g)	47	6
Salt (g)	5.14	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 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.

### Contact

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### 1. Get Prepared

Preheat the oven to 200°C. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks. Drain and rinse the **black beans** in a sieve. Roughly chop the **coriander** (stalks and all). Zest and halve the **lime**.



### 4. Get Spooky

Meanwhile, lay one **tortilla wrap** per person out on your chopping board and brush with a little **oil**. Using a small knife, a pair of scissors or a cookie cutter, cut out some **spooky shapes**. We did a **pumpkin, ghost** and a **tomb stone!** Cut them as close together as possible to minimise waste! These are for the top - the remaining **wraps** will be used inside the **bake**.



### 2. Start the Chilli

Heat a drizzle of **oil** in large, deep frying pan over high heat. Once hot, add the **beef mince** and **red pepper** to the pan and stir-fry until the **beef** is browned all over, 4-5 mins. Once browned, lower the heat slightly and add the **shallot** to the pan. Cook, stirring occasionally until softened, 3-4 mins. Next, stir in the **garlic, Mexican spice** (careful, it's hot!) and **tomato puree** to the pan. Stir well to combine and cook everything for 1 more minute.



### 5. Assemble

Spread a little of the **chilli** into the base of an ovenproof dish. Lay in a **tortilla**, then spread some more **chilli mixture** on top. Pop another **tortilla** on top. Continue layering until you have used everything up, finishing with your scary looking **tortilla shapes!** The number of layers you have will vary depending on the size of your dish and the number of people you're cooking for. You might have to do 2 stacks if cooking for 3 or 4 people! Pop on the top shelf of the oven until golden on top, 10-15 mins.



### 3. Simmer the Chilli

Stir the **black beans, finely chopped tomatoes, water** (see ingredients for amount), **Knorr stock pot** and a pinch of **sugar** (if you have some) into the pan. Stir to dissolve the **stock**, bring to the boil, then reduce the heat to simmer. Bubble away until thick and tomatoey, 10-12 mins. Stir occasionally. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle. Once thickened, stir in **half the coriander** and season with a pinch of **salt** and **pepper** to taste.



### 6. Happy Halloween

Meanwhile, slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull apart. Remove the stone then scoop out the insides into a bowl. Add the remaining **coriander**, a squeeze of **lime juice** and a drizzle of **oil**. Mash with the back of a fork. Add the **lime zest, salt** and **pepper** to taste. Once cooked, remove the **pie** from the oven and share between your plates. Spoon the **guacamole** over the top.

Dig in!

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