



Everything  
But The Chef

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## Festive Beef Tortilla Bowl

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 – talk about simple. With bulked up healthy mince and creamy soft avocado, they're the perfect antidote to any heavy meals and any overeating you may have recently indulged in (don't worry, our lips are sealed).

**Prep:** 10 mins  
**Cook:** 25 mins  
**Total:** 35 mins

level 1  
 lactose free  
 gluten free  
 high protein  
 spicy

### Pantry Items



Olive Oil



Red Onion



Mexican Beef Mince



Zucchini



Diced Tomatoes



White Corn  
Tortillas



Avocado



Lemon

2P	4P	Ingredients
2 tsp	1 tbs	olive oil *
½	1	red onion, finely chopped
300 g	600 g	Mexican beef mince
1	2	zucchini, grated
1 tin	2 tins	diced tomatoes
3	6	white corn tortillas, cut into triangles
1	2	avocado, diced
½	1	lemon, cut into wedges

⊕ May feature in another recipe

\* Pantry Items

### Nutrition per serving

Energy	2890	Kj
Protein	43.9	g
Fat, total	39.5	g
-saturated	11.5	g
Carbohydrate	35.6	g
-sugars	11.5	g
Sodium	680	mg

### Measuretool

0 cm	1 cm	2 cm



**You will need:** *chef's knife, chopping board, 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 cook for **3 minutes** or until soft. Add the **Mexican beef mince** and cook, breaking up with a wooden spoon, for **2-3 minutes** or until browned. Add the **zucchini** and **diced tomatoes** and bring to the boil. Reduce the heat to medium-low and simmer for **10-15 minutes** or until the sauce thickens a little. Season to taste with **salt** and **pepper**.

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

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



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