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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



level 1









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 * | |
| 1/2 | 1 | red onion, finely chopped | 4 |
| 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 | Α |
| 1 | 2 | avocado, diced | |
| 1/2 | 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 |

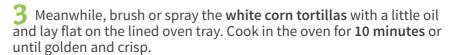
Measuretool

| 0 cm | 1cm | 2 cm |
|------|-----|------|
| 1 | | 1 |



You will need: chef's knife, chopping board, box grater, medium frying pan, wooden spoon, and an oven tray lined with baking paper.

- 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.











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