



# CHEESY MEXICAN BEEF TORTILLA BAKE

with Sour Cream



Use tortillas to make a pie crust



Brown Onion



Garlic



Spring Onion



Carrot



Cheddar Cheese



Red Kidney Beans



Tex-Mex Spice Blend



Beef Mince



Crushed & Sieved Tomatoes



Mini Flour Tortillas



Tomato



Cos Lettuce



Sour Cream

Hands-on: 25 mins  
Ready in: 35 mins

Not quite a pie, not quite nachos, this dish might be hard to describe but it sure is easy to love! Enjoy the contrast between the crisp, golden tortillas around the edge, and the softened base that soaks up all the delicious Tex-Mex flavour. With a decadent cheesy top and a fresh salad on the side, this baked delight is a taste sensation!

**Pantry Staples:** Olive Oil, Vinegar (White Wine Or Balsamic)

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
• **large frying pan** • **deep medium baking dish**



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Thinly slice the **brown onion**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **spring onion**. Grate the **carrot** (unpeeled). Grate the **Cheddar cheese**. Drain and rinse the **red kidney beans**.



### 2 COOK THE ONION AND GARLIC

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and cook until softened, **5-6 minutes**. Add the **garlic** and **Tex-Mex spice blend** and cook until fragrant, **1 minute**.



### 3 COOK THE BEEF MINCE

Add the **beef mince** to the pan and cook, breaking up with a wooden spoon, until browned, **4-5 minutes**. Stir through the **crushed & sieved tomatoes**, the **salt**, **carrot** and **red kidney beans** and season to taste with **pepper**. Reduce the heat to medium and cook until slightly thickened, **4-5 minutes**.



### 4 ASSEMBLE THE BAKE

Grease a deep medium baking dish. Arrange the **mini flour tortillas** in the baking dish, overlapping them slightly to cover the base and sides with minimal gaps.

**TIP:** Cut the tortillas if necessary to make them fit. Spoon the **beef mince** mixture into the tortilla-lined dish.



### 5 COOK THE TORTILLA BAKE

Sprinkle the grated **Cheddar cheese** over the **beef mince** mixture and bake until the cheese has melted and the tortillas are golden, **10-12 minutes**. While the tortilla bake is in the oven, roughly chop the **tomato**. Shred the **cos lettuce**. In a medium bowl, combine the **vinegar** and **2 tbs olive oil**. Add the **tomato** and **cos lettuce** to the bowl and toss to coat.

**TIP:** Toss the salad just before serving to keep the leaves crisp.



### 6 SERVE UP

Divide the cheesy Mexican beef tortilla bake between plates. Sprinkle over the spring onion. Top with a dollop of **sour cream** and serve with the salad.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
garlic	4 cloves
spring onion	1 bunch
carrot	1
Cheddar cheese	1 block (100 g)
red kidney beans	1 tin
Tex-Mex spice blend	1 sachet
beef mince	1 packet
crushed & sieved tomatoes	1 tin (400 g)
salt*	¼ tsp
mini flour tortillas	6
tomato	1
cos lettuce	1 head
vinegar* (white wine or balsamic)	4 tsp
sour cream	2 tubs (250 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2870kJ (687Cal)	488kJ (117Cal)
Protein (g)	43.6g	7.4g
Fat, total (g)	37.0g	6.3g
- saturated (g)	18.2g	3.1g
Carbohydrate (g)	39.5g	6.7g
- sugars (g)	13.5g	2.3g
Sodium (g)	1060mg	179mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

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