



OCT
2016

Mexican Beef Supper Nachos

with Avocado

These saucy supper nachos are jam-packed with a secret veggie component: grated zucchini! And how about that - you can make your own tortilla chips at home! And these chips are the perfect utensil to scoop up all the beefy deliciousness.



Prep
35 min



level 1



dairy
free



Ground Beef



Garlic



Red Onion



Zucchini



Diced Tomato



Taco Seasoning



Flour Tortillas



Avocado



Lime



Cilantro

Ingredients

		4 People
Ground Beef		2 pkg (500 g)
Garlic		4 cloves
Red Onion, finely chopped		2 pkg (113 g)
Zucchini		1
Diced Tomatoes		2 cans
Taco Seasoning		1 pkg (1 tbsp)
Flour Tortillas, 6"	1) 2)	6
Avocados		2
Lime		1
Cilantro		2 pkg (14 g)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Sulphites/Sulfites

Tools

Grater, Large Pan, Baking Sheet

Ruler

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Nutrition per person Calories: 623 cal | Fat: 32 g | Sat. Fat: 9 g | Protein: 34 g | Carbs: 55 g | Sugar: 9 g | Sodium: 457 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

2



1 Preheat your oven to 400°F. (To bake the tortilla chips.) Start prepping when your oven comes up to temperature!

2 Prep: Wash and dry all produce. Mince or grate the **garlic**. Coarsely grate the **zucchini**. Cut each **flour tortillas** into 8 triangles. Halve, pit, and cut the **avocado** into 1/2-inch cubes. Cut the **lime** into wedges. Roughly chop the **cilantro**.

3



3 Bake the tortilla chips: Meanwhile, brush or spray the **tortillas** with **oil** and arrange in one layer on a baking sheet. Bake in the centre of the oven, flipping halfway through cooking, until golden and crispy, 8-12 min. (**TIP:** Keep your eye on the tortillas so they don't burn!)

4



4 Make the filling: Meanwhile, heat a large pan over a medium-high heat. Add a drizzle of **oil**, then the **red onion** and **garlic**. Cook until onion is soft, 4-5 min. Add the **ground beef** and cook, breaking up the meat with a spoon, until no pink remains, 4-5 min.

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5 Add the zucchini, diced tomatoes and taco seasoning. Bring the mixture to the boil. Reduce the heat to medium-low and simmer until the filling thickens slightly, 6-8 min. Season to taste with **salt** and **pepper**.

6 Finish and serve: Divide the **tortilla chips** and **filling** between bowls, then top with **avocado**, **cilantro** and a **lime wedges**. Enjoy!

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