



## Nacho Ordinary Pie

from Three Veg and Meat



20-30min



4 Portions



## What we send

- 1,6
- 17
- 2 sweet potatoes
- 2 avocados

## What you'll require

- olive oil
- olive oil spray
- water

## Utensils

- box grater
- large deep frypan or saucepan with lid
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

Oven temperatures are for conventional ovens, set to fan-forced. ~Alternatively, serve the beef and bean mixture, tortilla wedges and let everyone help themselves.

## Allergens

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 945kcal, Fat 36.4g, Carbs 105.2g, Proteins 40.0g



### 1. Make pie topping

**Read through the recipe.** Heat the oven to 190C (see cooking tip). Cut the **tortillas** into 6 wedges. Spray an oven tray with olive oil. Spread the tortilla wedges over prepared tray in a single layer, spray with **olive oil** and lightly season with **salt**. Toast in the oven for 8 mins or until golden, dry and crisp. Remove and set aside to crisp as they cool.



### 4. Add vegetables

Stir the **tomatoes, sweet potato, corn, beans** and **80ml (1/3 cup) water** into the **beef mixture**. Reduce the heat to medium and cook, covered, for 5 mins. Remove the lid and cook, stirring occasionally, for a further 5 mins or until the sweet potato is tender and the liquid is almost evaporated.



### 2. Prepare ingredients

Meanwhile, finely chop the **onion**. Cut the **capsicum** into 1cm chunks, discarding the seeds and membrane. Scrub or peel the **sweet potato** and coarsely grate. Slice the **corn kernels** from the cob. Rinse and drain the **black beans**.



### 5. Prepare ingredients

Meanwhile, cut the **lime** into wedges. Finely chop the **coriander**, including the stems.



### 3. Start cooking pie filling

Heat **1 tbs olive oil** in a large saucepan over medium-high heat. Cook the **onion, capsicum** and **Mexican spice blend**, stirring regularly, for 2 mins or until starting to soften. Add the **beef mince**, season with **salt** and cook, breaking up the lumps with a spoon, for 3 mins or until browned.



### 6. Get ready to serve

Using a fork, mash the **avocado** flesh in a bowl. Season with **salt** and squeeze in the **lime juice**, to taste. Stir in the **coriander** to combine. Top the **pie filling** with the **tortilla wedges** and serve with **guacamole** and **lime wedges** (see cooking tip).