

DINNERLY



Mexican Beef Bowls with Garlic Yoghurt and Tortilla Chips



20-30 minutes



2 Servings

Take your tastebuds on a trip to Mexico. Fry some mince and zucchini in garlic and spices, toss in some chunks of roasted sweet potato, crisp up some chips, and it's on the table in uno, dos, tres.

WHAT WE SEND

- 1,6
- 7

WHAT YOU NEED

- chilli flakes
- olive oil
- olive oil spray
- sugar
- tomato paste
- white wine vinegar¹⁷

TOOLS

- baking paper
- box grater
- medium frypan
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Milk (7), Sulphites (17).
May contain traces of other allergens.

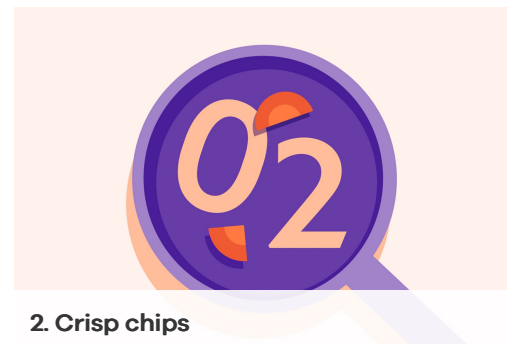
NUTRITION PER SERVING

Energy 720kcal, Fat 32.5g, Carbs 58.0g,
Proteins 46.5g



1. Prep ingredients

Preheat the oven to 220C. Line 2 oven trays with baking paper. Cut the **onion** and **half the zucchini** into 1-2cm chunks. Coarsely grate the **remaining zucchini**. Crush **2 garlic cloves**. Cut the **wraps** into wedges.



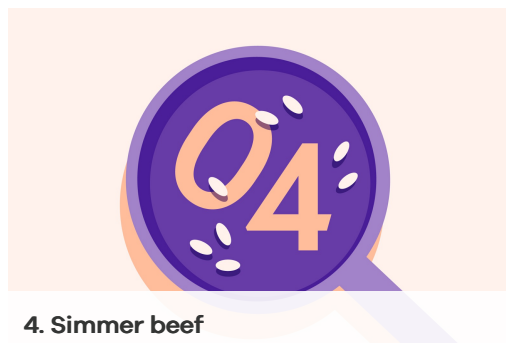
2. Crisp chips

Spray or brush the **wrap wedges** with **olive oil**, then put on the lined trays. Bake, rotating the trays halfway, for 6-8 mins until golden and crisp. Meanwhile, put the **yoghurt** and **half the garlic** in a small bowl, season with **salt and pepper** and stir to combine.



3. Brown beef and spices

Heat **1 tbs olive oil** in a medium frypan over high heat. Cook the **beef mince**, **chopped onion and zucchini**, breaking up the lumps with a spoon, for 5-6 mins until browned. Add **half the cumin and coriander spice blend** (the remaining spice blend won't be used in this dish), **¼ tsp chilli flakes**, if using, and the remaining garlic. Cook for 1 min or until fragrant.



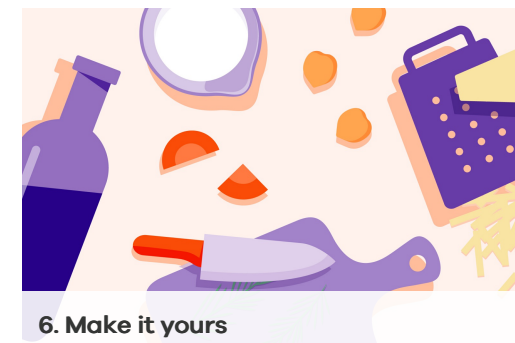
4. Simmer beef

Add **2 tbs tomato paste**, **1 tsp sugar** and **180ml (¾ cup) water** and bring to a simmer. Reduce the heat to medium and cook for 2-3 mins until thickened. Taste, then season with **salt and pepper**.




5. Serve up

Put the **grated zucchini** and **1 tsp white wine vinegar** in a bowl, season with **salt and pepper** and toss to combine. Divide the **beef mixture** among bowls, top with the grated zucchini and drizzle with the **garlic yoghurt**. Serve with the **tortilla chips** for scooping, and enjoy!



6. Make it yours

Go the full nacho experience and top with grated cheese, fresh herbs and chopped fresh chilli or pickled jalapeno.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
View the recipe online by visiting your account at dinnerly.com.au     **#dinnerly**

 **Packed in Australia**
from at least **60%**
Australian ingredients