

DINNERLY



Mexican Beef Bowls with Garlic Yoghurt and Tortilla Chips



20-30 minutes



4 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

- 7
- 1,6

WHAT YOU NEED

- chilli flakes
- olive oil
- olive oil spray
- sugar
- tomato paste
- white wine vinegar ¹⁷

TOOLS

- baking paper
- box grater
- large 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 700kcal, Fat 31.7g, Carbs 55.7g,
Proteins 45.5g



1. Prep ingredients

Preheat the oven to 220C. Line 3 oven trays with baking paper (see Make it yours). Cut the **onion** and 1 **zucchini** into 1-2cm chunks. Coarsely grate the **remaining zucchini**. Crush **3 garlic cloves**. Cut **5 wraps** (the remaining wraps won't be used in this dish) 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.



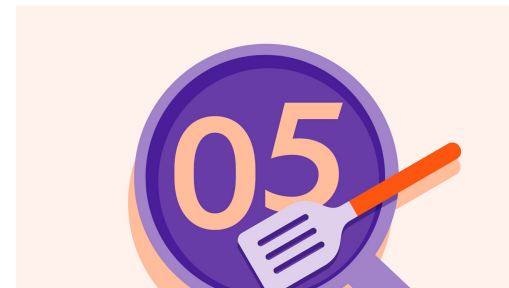
3. Brown beef and spices

Heat **2 tbs olive oil** in a large 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 the **cumin and coriander spice blend**, **½ tsp chilli flakes**, if using, and the remaining garlic. Cook for 1 min or until fragrant.



4. Simmer beef

Add **80ml (½ cup) tomato paste**, **2 tsp sugar** and **375ml (1½ cups) 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 **2 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

If you only have 2 oven trays or shelves in your oven, simply bake the wrap wedges in batches. 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
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 **Packed in Australia**
from at least **60%**
Australian ingredients