

Webfid00176hero beefandbeannachoschips

## Beef and Bean Nachos

with Cucumber Salsa



20-30min



4 Portions

This one-pan wonder combines all the elements of your favourite bowl of nachos, and turns it into a family meal packed with flavour and spice. Grab those corn chips and tuck in!

## What we send

- Greek-style yoghurt <sup>7</sup>
- nachos spice mix
- Lebanese cucumber
- corn chips <sup>1</sup>
- polenta
- kidney beans
- chopped tomatoes
- grass-fed beef mince
- long red chilli
- coriander
- lime
- garlic
- red onion

## What you'll require

- olive oil
- salt and pepper

## Utensils

- large saucepan

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

## Cooking tip

Deseed the chilli in Step 1, if the kids don't like spice. Alternatively, reserve some plain cucumber for the kids' serves.

## Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 800.0kcal, Fat 33.6g, Proteins 44.6g, Carbs 74.9g



### 1. Prepare vegetables

Finely chop the **onion** and **garlic**. Reserve half the onion for the salsa. Zest and juice half the **lime**. Cut the remaining half into wedges. Pick the **coriander** sprigs and finely chop the roots and stems. Finely chop the **chilli** (see cooking tip).



### 2. Sauté vegetables

Heat 2 tbs **oil** in a large saucepan over medium-high heat. Cook the **garlic** and two thirds of the **onion**, stirring often, for 4 mins or until softened.



### 3. Brown beef

Add the **beef** and cook, stirring with a wooden spoon to break up any lumps, for 4 mins or until browned.



### 4. Cook spices

Add the **chopped tomatoes** and cook, stirring, for 1 min. Add the **nachos spice mix** and **chopped coriander** stems and roots and season with **salt**. Cook, stirring, for 1 min or until sauce reduces and base of pan appears dry. Add the **kidney beans** and their liquid, stir to combine.



### 5. Make salsa

Sprinkle over the **polenta** and add 80ml (1/3 cup) water. Stir to combine. Simmer, partially covered, for 5 mins or until slightly thickened. Meanwhile, finely chop the **cucumber** and combine with the **coriander** sprigs, **chilli** and reserved **onion** in a bowl. Season with **salt**.



### 6. Get ready to serve

Combine the **lime zest**, 1 tbs **juice** and the **yoghurt** in a small bowl. Top the **corn chips** with the **beef mixture** and a dollop of the **lime yoghurt**. Serve with the **lime wedges** and **cucumber salsa**.