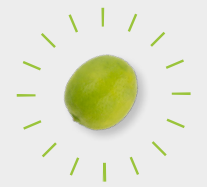




EASY BEEF CHILLI CON CARNE

with Baked Tortilla Chips & Lime Yoghurt



Make an easy lime yoghurt



Garlic



Brown Onion



Carrot



Sweetcorn



Beef Mince



Tex-Mex Spice Blend



Beef Stock



Tomato Paste



Mini Flour Tortillas



Lime



Courgette



Greek Yoghurt



Tomato



Baby Spinach Leaves

Hands-on: 20 mins
Ready in: 35 mins

This beef chilli con carne is sure to be a family favourite – it can be tailored to everyone’s spice limits and best of all it’s super easy! The lime yoghurt marries brilliantly with the beef to create a delicious hearty bowl, perfect for scooping up with crispy tortilla chips.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large frying pan** • **two oven trays** lined with **baking paper**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **brown onion**. Grate the **carrot** (unpeeled) and **courgette**. Drain the **sweetcorn**.



2 BROWN THE BEEF

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and cook until softened, **3-4 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **beef mince** and cook, breaking up with a wooden spoon, until browned, **4-5 minutes**.



3 MAKE THE CHILLI

Add the **carrot, courgette, sweetcorn, 1 1/2 sachets Tex-Mex spice blend** to the pan with the **beef** and season with **pepper**.
 • **TIP:** If you like a bit more heat, add **2 sachets of the spice blend**. Crumble in **1 beef stock cube** and add the **tomato paste (see ingredients list)** and **water**. Mix well, then reduce the heat to low and simmer until slightly thickened, **10-12 minutes**.



4 BAKE THE TORTILLA CHIPS

While the chilli is cooking, slice the **mini flour tortillas** into wedges. Divide the tortillas between two oven trays lined with baking paper. **Drizzle** or spray generously with **olive oil** and season with **salt** and **pepper**. Arrange in a single layer. Bake until lightly golden, **8-10 minutes**.



5 MAKE THE LIME YOGHURT

While the tortilla chips are baking, finely chop the **tomato**. Finely chop the **baby spinach leaves**. In a medium bowl, combine the tomato and baby spinach with a squeeze of **lime juice** and a **drizzle of olive oil**. In a small bowl, combine the **Greek yoghurt** and another **squeeze** of lime juice. Season with **salt** and **pepper**.



6 SERVE UP

Divide the beef chilli con carne between bowls. Serve with the tortilla chips, lime yoghurt and tomato-spinach salsa.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	1 clove
brown onion	1
carrot	1
courgette	2
sweetcorn	1 tin (300 g)
beef mince	1 packet
Tex-Mex spice blend	1 1/2 sachets
beef stock	1 cube
tomato paste	1 1/2 tins
water*	1 cup
mini flour tortillas	12
tomato	2
baby spinach leaves	1 bag (60 g)
lime	1
Greek yoghurt	1 packet (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2840kJ (678Cal)	456kJ (109Cal)
Protein (g)	45.0g	7.2g
Fat, total (g)	23.5g	3.8g
- saturated (g)	6.7g	1.1g
Carbohydrate (g)	64.2g	10.3g
- sugars (g)	16.0g	2.6g
Sodium (g)	1330mg	214mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
Hello@HelloFresh.co.nz

2019 | WK24

