



QCOOK

Crispy Cheesy Beef Cones

with creamy avocado sauce

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Chantelle Koekemoer

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	708kJ	7105kJ
Energy	169kcal	1700kcal
Protein	6.5g	65.3g
Carbs	15g	146g
of which sugars	2.6g	25.9g
Fibre	3.3g	33.4g
Fat	9.7g	96.8g
of which saturated	3.6g	36.1g
Sodium	232mg	2327mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Beef Mince
1	1	Onion <i>peel & finely slice ½ [1]</i>
120g	120g	Carrot <i>rinse, trim, peel & grate ½ [all]</i>
30ml	60ml	Tomato Paste
15ml	30ml	NOMU Taco Mex Mix
60g	120g	Black Beans <i>drain & rinse</i>
3	6	Wheat Flour Tortillas
50g	100g	Cheddar Cheese <i>grate</i>
1	1	Avocado
40ml	80ml	Sour Cream
3g	5g	Fresh Coriander <i>rinse, pick & finely chop</i>
10ml	20ml	Lime Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Blender
Toothpick

1. MMMINCE Preheat the oven to 200°C (if you'd like to do the alternative method in step 3). Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the onion and carrot. Fry until golden, 5-6 minutes (shifting occasionally).

2. MAKE IT SAUCY Add the tomato paste and the NOMU rub to the pan. Fry until fragrant, 1-2 minutes. Mix in 100ml [200ml] of water and the beans. Simmer until the sauce has reduced and is no longer watery, but still coats the mince, 6-8 minutes. Remove from the heat, add a sweetener (to taste), and season.

3. CHEESY BEEF CONES Cut the tortillas in half, then shape each half into a cone and secure the open side with toothpicks. Fill the cones with the mince, and top with the cheese (do not overfill, otherwise the filling may fall out during frying). Place a pan over medium heat with a knob of butter and a drizzle of oil. When hot, fry the cones until golden brown on all sides (turning them gently) and the cheese is melted, 3-5 minutes. Remove from the heat. Alternatively, brush the cones with some oil or melted butter and bake until lightly crispy, 10-15 minutes (shifting halfway).

4. CREAMY AVO SAUCE Cut the avocado in half. Add ½ [1] [#7DA0D7] of the avocado flesh to the blender, along with the sour cream, coriander, lime juice, and a splash of water. Blend until smooth and creamy. Season.

5. TIME TO DINE Dish up the crispy cheesy beef cones (discarding the toothpicks) and side with the creamy avocado sauce for dipping. Well done, Chef!

Chef's Tip Brush the cones with some oil or melted butter and air fry at 200°C until crispy, 10-12 minutes (shifting halfway). You may need to do this step in batches.