



UCCOOK

Mexican-style Beef Mince Fiesta

with guacamole & corn nachos

You're not going to wanna share this plate of nachos, Chef! Free-range beef mince is smothered in Mexican spices & tomato sauce. Poured over a pile of crunchy corn nachos, then topped with homemade cheese sauce, guacamole, and a baby tomato & pickled jalapeño salsa.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jason Johnson

 Adventurous Foodie

 Muratle Wine Estate | Muratle Alberta
Annemarie Merlot 2019

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Ingredients & Prep

150g	Free-range Beef Mince
1	Onion <i>peel & finely dice ½</i>
10ml	Mexican Spice
100ml	Tomato Passata
10ml	Cornflour
125ml	Low Fat UHT Milk
50g	Cheddar Cheese <i>grate</i>
80g	Baby Tomatoes <i>rinse & roughly chop</i>
15g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
3g	Fresh Coriander <i>rinse, pick & finely chop</i>
80g	Corn Nachos
1 unit	Guacamole

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Milk (optional)
Butter

1. FRY THE BEEF MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally).

2. ADD SOME TOMATO Add ¾ of the diced onion and fry until soft, 3-4 minutes. Add the Mexican spice and fry until fragrant, 1-2 minutes. Pour in the passata and 150ml of water. Simmer until reduced and thickened, 12-15 minutes. Add a sweetener and seasoning. Remove from the heat.

3. CHEESE SAUCE Place a small pot over medium heat with 10g of butter. Once melted, vigorously mix in the cornflour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk (stirring continuously to prevent lumps). Once the milk is incorporated, mix in the grated cheese until melted. Season and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick.

4. SALSA STEP In a small bowl, combine the chopped baby tomatoes, the chopped jalapeño (to taste), the remaining onions (to taste), the chopped coriander, and seasoning.

5. TIME TO FEAST Make a bed of the nachos or serve on the side for dunking. Lay down the saucy mince, drizzle over the cheese sauce, dollop over the guacamole, and scatter over the tomato salsa. Well done, Chef!

Nutritional Information

Per 100g

Energy	665kJ
Energy	159kcal
Protein	7g
Carbs	11g
of which sugars	3.1g
Fibre	1.8g
Fat	9.6g
of which saturated	3.2g
Sodium	195mg

Allergens

Allium, Sulphites, Cow's Milk

Cook
within 3
Days