

MEXICAN NACHO BOWLS

HEALTHY
PICK



Makes 12



Prep Time 20 minutes



Cook Time 15-20 minutes



INGREDIENTS

- 12 soft Taco tortillas
- 1 small onion, chopped
- 1 clove garlic, crushed
- 300g lean beef mince

METHOD

1. Preheat the oven to 200°C (fan bake). Grease jumbo muffin tins. Heat taco tortillas in the microwave for 10 seconds to soften. Brush one side of each taco lightly with oil and push the un-oiled taco side into the muffin tins. Bake for 5-8 minutes until edges are crispy. During

- 500g jar **HEINZ [SERIOUSLY] GOOD™ Spicy Nachos Simmer Sauce**
- 400g can **Wattie's Black Beans in Springwater**, drained

Corn and Tomato Salsa:

- 1 cup frozen whole kernel corn
- 2 medium tomatoes, diced
- ½ small red capsicum, deseeded and diced
- ½ small red chilli, deseeded and finely chopped
- 1 spring onion, chopped
- Handful fresh coriander leaves, chopped
- Juice from 1 lime or to taste

To Assemble:

- 1-2 cup shredded iceberg lettuce
- 1-2 avocados, peeled and sliced
- 1 ½ cup grated cheese

cooking the tacos may puff up. Push them down into the muffin tin when baked. Transfer to a wire rack to cool. Repeat with remaining tacos.

2. Heat a dash of oil in a frying pan. Add onion and garlic and cook over a medium heat until onion starts to soften. Increase the heat and add the mince. Brown the meat, breaking up the mince with a fork if necessary. Pour over **HEINZ [SERIOUSLY] GOOD™ Spicy Nachos Simmer Sauce**. Stir while bringing the sauce to near boiling. Add **Wattie's Black Beans** and continue cooking with the lid off for 15-20 minutes until the mince is cooked and sauce thick.
3. ***Corn and Tomato Salsa:*** Cook frozen corn according to packet directions. Cool. Mix all the ingredients together.
4. ***To assemble:*** Place a bed of shredded lettuce in the base of the taco cup. Spoon nacho mix over half of the lettuce. Place a spoonful of tomato and corn salsa on the remaining lettuce bed. Top with slices of avocado and a little grated cheese.

TIPS

If short on time you can use the Old El Paso Stand 'N' Stuff Tortillas. Also, if you don't have jumbo muffin tins, you could use tall ramekins or ovenproof mugs and set our tortillas over them oil-side down.