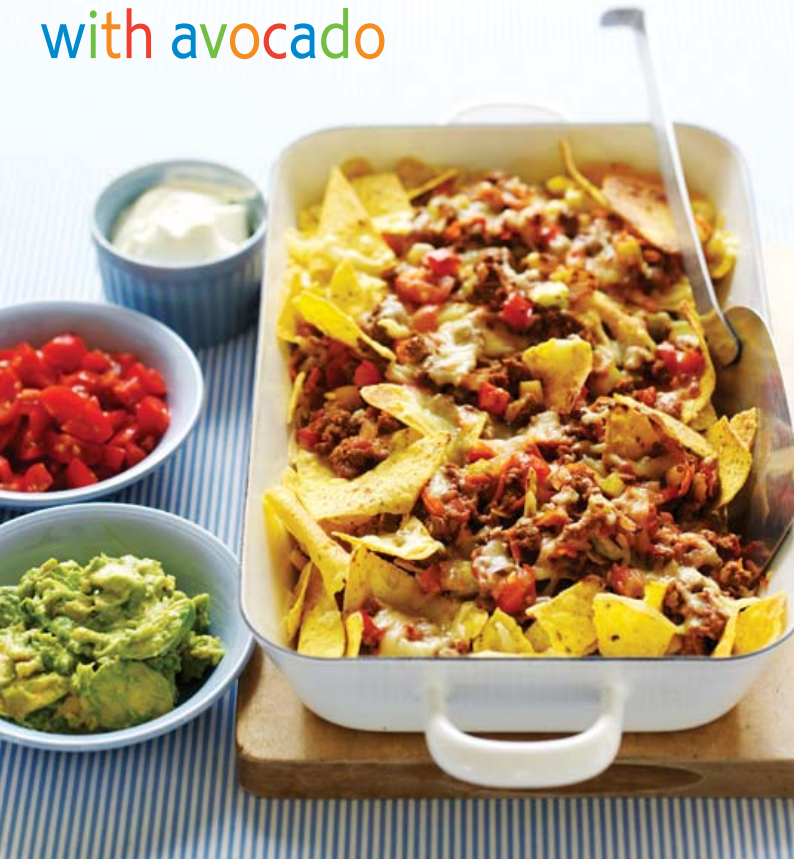


Fresh for Kids®

# Vegetable & beef nachos with avocado



## Vegetable & beef nachos with avocado

**Preparation:** about 20 minutes

**Cooking:** about 30 minutes

**Serves:** 4

- 1 tbs olive oil
- 1 small red onion, finely chopped
- 400 g lean beef mince
- 1 carrot, grated
- 1 stick celery, thinly sliced
- ½ small red capsicum, deseeded and finely diced

- 375g jar mild, thick and chunky salsa sauce
- 230g pkt reduced fat corn chips
- 1 cup grated reduced fat tasty cheese

### To serve:

- 1 ripe avocado, mashed with 1 tbs lime juice
- 125g grape or cherry tomatoes, diced
- ½ cup reduced fat sour cream

1. Heat oil in a non-stick frying pan over medium heat. Add onion and cook, stirring often, for 3 minutes. Add mince and stir, breaking up mince with a wooden spoon, for 5 minutes until evenly browned. Add carrot, celery and capsicum and cook for 3 minutes.
2. Stir in salsa sauce. Cover and bring to the boil, stirring often, over medium heat. Reduce heat and simmer for 10 minutes until slightly thickened.
3. Preheat oven to 200°C. Layer corn chips, beef mixture and cheese in a large non-stick baking dish. Bake for 10–12 minutes until cheese melts. Serve with mashed avocado, cherry tomatoes and sour cream.

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### Avocado

- Avocados contain fat, but it's 'good' unsaturated fat that contains some essential fatty acids needed for healthy membranes around all body cells..
- The richest source of vitamin E among fruits and vegetables. Vitamin E is an important antioxidant that helps keep the membranes around every cell in a healthy state.
- A good source of vitamin B6. This vitamin has many functions and helps the body use the amino acids from proteins in muscles.

For fresh fruit and vegetable recipes visit  
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