



RECIPE

Nacho meatball bake

Enjoy a texture sensation with this nacho meatball bake, which combines melt-in-your-mouth meatballs with the delightful crunch of nacho chips. Add a topping of cheese, avocado chunks and sour cream and you've found a new favourite!

JUN 11, 2019 11:45AM BY SOPHIE GRAY

45 mins cooking Serves 4 - 6



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FOOD



RECIPE

Quick grilled nachos
WOMAN'S DAY

INGREDIENTS

300 g beef mince

1 slice bread, processed into crumbs

1 1/2 tbsp Mexican seasoning (see below)

1 egg

a handful chopped coriander

1 tbsp vegetable oil

3 cloves garlic, minced

1 large carrot, peeled and chopped into small pieces

2 celery stalks, chopped

1/2 each of red and green capsicum, chopped

2 cups beef stock

1/2 cup tomato paste

1 x 400g can chilli beans in sauce

300 g bag spicy corn chips

1 cup grated cheese

avocado, tomatoes, sour cream, for topping (optional)

Mexican seasoning

1 tbsp ground chilli

1 tbsp ground cumin

2 tsp sugar

1 tsp salt

1 tsp ground oregano

1/2 tsp smoked paprika

METHOD

- 1 Preheat oven to 210°C. Make the Mexican Seasoning (see below).

for about 10-15 minutes until just cooked through.

- 3 Heat the oil in a large skillet or oven proof pan. Add remaining onion, garlic, carrot, celery and capsicum. Cook gently until tender. Stir in 1 tablespoon Mexican seasoning, then add stock, tomato paste and chilli beans in sauce. Bring to a simmer, cover, and cook gently for 20 minutes, stirring occasionally.
- 4 Pile the corn chips into a heat proof pan, spoon over the meatballs and sauce, top with grated cheese and bake or grill till bubbling hot. Scatter with toppings if desired.

Mexican seasoning

- 5 Place all the ingredients in a small jar and shake to combine.