

# Beef Chimichangas with Tomato Salsa

## Ingredients

### Chimichangas

- 1 Tbs oil
- 200g mince beef
- 1 large onion, diced
- 1 green chilli, sliced
- 1 garlic clove, minced
- ½ tsp ground cumin
- 1 tsp salt
- 220g canned, diced tomatoes
- ½ cup water
- 4 tortillas
- 220g refried beans
- 2 Tbs oil
- 2 Tbs sour cream

### Tomato Salsa

- 1 fresh tomato, chopped
- ¼ cup corn kernels
- ⅛ red onion diced
- ¼ green chilli, deseeded, finely diced
- 1 Tb coriander, chopped
- ¼ lime

## Method

### Prepare the Chimichangas

- 1 Heat oil in a medium saucepan over medium – high heat.
- 2 Add beef, onion, chilli and garlic and cook until mince is well browned, stirring occasionally. Add cumin, stir.
- 3 Stir in salt, tomatoes and water; once boiling, reduce heat to low, cover and simmer until liquid evaporates.
- 4 Heat tortillas in the microwave for 1 minute.
- 5 Re-heat refried beans in a small fry pan for 1 minute.
- 6 Spread 2 Tb refried beans on top of each tortilla, top with ¼ cup meat mixture, spread lengthwise. Fold each side over mixture and both ends under.
- 7 In a large fry pan, heat 1–2 cm of oil. Fry tortilla (only 1 or 2 at a time) folded side down, about 1 minute. Turn and repeat for the other side.
- 8 Put on paper towel to drain. Serve with sour cream and Salsa.

### Prepare the Tomato Salsa

- 1 Combine tomato, corn kernels, onion, chilli and coriander.
- 2 Squeeze lime juice over the salsa, stir and serve.

serves 2

## Focus Points for Students

- Make sure you deseed the chillis as the seeds are exceptionally hot.
- Be careful when frying the Chimichangas as the oil may spit and is very hot.
- Make sure that you fold the Chimichangas as instructed and initially fry them with the folded side down, otherwise they may open up during frying.