



MEXICAN STYLE BEEF

with Crispy Potato Top, Guac and Sour Cream



HELLO AVOCADO

Avocados mature on the tree but only ripen once picked.



Potato



Onion



Red Pepper



Beef Mince



Carrot



Central American Spice Mix



Finely Chopped Tomatoes



Beef Stock Pot



Coriander



Avocado



Lime



Cheddar Cheese



Sour Cream

MEAL BAG

Hands on: **30** mins
Total: **45** mins

Cook within **3**
Days of Delivery

4 of your
5 a day

Family Box

We've given cottage pie a Mexican twist by seasoning the beef with our special central American spice mix, topping it with crispy cheesy potatoes, and serving it with a good dollop of zesty guacamole and sour cream. Super simple to put together, and bursting with big, bold flavours, this is comfort food with a kick. This recipe card will be hanging in your hall of fame in no time at all!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, **Frying Pan**, **Coarse Grater**, **Measuring Jug** and **Ovenproof Dish**. Now let's get cooking!.



1 ROAST THE POTATO

Preheat your oven 220°C. Chop the **potato** into 2cm cubes (no need to peel). Pop on a lined baking tray and drizzle with **oil** and add a pinch of **salt**. Toss to coat, spread out and roast on the top shelf of your oven until crispy, 25-30 mins. Turn halfway through cooking.

★ **TIP:** Use two baking trays if necessary, you want the potato nicely spread out.



2 GET PREPPED

Meanwhile, halve, peel and chop the **onion** into small pieces. Halve, then remove the core from the **pepper** and roughly chop.



3 BROWN THE BEEF

Heat a splash of **oil** in a frying pan on medium-high heat. Add the **beef mince** and cook until browned, 4-5 mins. Break it up with a wooden spoon as it cooks. Add the **pepper** and **onion** to the **beef**, stir together and cook until the **veggies** are soft, 5-7 mins. Add a pinch of **salt** and **black pepper**. While the **veggies** cook, trim the ends from the **carrot** and coarsely grate (no need to peel). Stir into the pan once the other **veggies** are soft.



4 SIMMER

Stir the **central American spice mix** into the **beef mix** and cook for 1 minute. Pour in the **finely chopped tomatoes** and **water** (see ingredients for amount). Stir in the **stock pot**, bring to the boil then reduce the heat to medium. Allow to simmer and thicken until there is almost no liquid left, about 15 mins.



5 MAKE THE GUAC

Roughly chop the **coriander** (stalks and all). Halve the **avocado** lengthways and twist apart. Remove the stone, scoop out the flesh into a bowl. Add a squeeze of **lime juice**, along with a pinch of **salt** and **pepper**. Mash with a fork until smooth. Taste and add more **salt**, **pepper** and **lime juice** to taste. Grate the **cheese**.



6 FINISH AND SERVE

Once the **sauce** has thickened, spoon the **beef mixture** into an ovenproof dish. Top with the **roasted potato** and sprinkle over the **cheese**. Place on the top shelf of your oven and bake until the **cheese** has melted and is nice and golden, 10-12 mins. Once golden, serve in deep bowls with a dollop of **zesty guac** and **sour cream**. Finish with a sprinkling of **coriander**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato	1 small pack	1 large pack	2 small packs
Onion	1	1	1
Red Pepper	1	1	1
Beef Mince	250g	375g	500g
Carrot	1	1	2
Central American Spice Mix	1½ tsp	2 tsp	1 tbsp
Finely Chopped Tomatoes	½ carton	1 carton	1 carton
Water*	50ml	50ml	50ml
Beef Stock Pot	½	1	1
Coriander	½ bunch	1 bunch	1 bunch
Avocado	1	1	2
Lime	½	1	1
Cheddar Cheese 7)	30g	60g	60g
Sour Cream 7)	½ pot	1 pot	1 pot

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 832G	PER 100G
Energy (kcal)	842	101
(kJ)	3523	424
Fat (g)	46	6
Sat. Fat (g)	18	2
Carbohydrate (g)	68	8
Sugars (g)	20	2
Protein (g)	40	5
Salt (g)	2.53	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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