



# MEXICAN BURRITO BAKE

with Cos Salad & Greek Yoghurt



Use tortillas to make a pie crust



Brown Onion



Garlic



Parsley



Carrot



Red Kidney Beans



Beef Mince



Tex-Mex Spice Blend



Crushed & Sieved Tomatoes



Mini Flour Tortillas



Cheddar Cheese



Tomato



Cos Lettuce



Sour Cream

Hands-on: 25 mins  
Ready in: 35 mins

Not quite a pie, not quite a burrito, this dish might be hard to describe but it sure is easy to love! Enjoy the contrast between the crisp, golden tortillas around the edge, and the softened base that soaks up all the delicious Tex-Mex flavour. With a decadent cheesy top and a fresh salad on the side, this baked delight is a taste sensation!

**Pantry Staples:** Olive Oil, Vinegar (White Wine Or Balsamic), Honey

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
 • **large frying pan** • **deep medium baking dish**



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Thinly slice the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick and finely chop the **parsley** leaves. Grate the **carrot** (unpeeled). Drain and rinse the **red kidney beans**. Remove the wax from the **Cheddar cheese** and grate the cheese.



### 2 COOK THE ONION & GARLIC

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Cook the **brown onion** for **5-6 minutes**, or until softened. Add the **garlic** and **Tex-Mex spice blend** and cook for **1 minute**, or until fragrant.



### 3 COOK THE BEEF MINCE

Add the **beef mince** to the pan and cook for **4-5 minutes**, breaking up with a wooden spoon, until browned. Stir through the **crushed & sieved tomatoes**, **salt**, **carrot** and **red kidney beans** and season to taste with **pepper**. Reduce the heat to medium and cook for **4-5 minutes**, or until slightly thickened.



### 4 ASSEMBLE THE TORTILLA CRUST

Grease a deep medium baking dish. Arrange the **mini flour tortillas** in the baking dish, overlapping them slightly, to cover the base and come up the sides with minimal gaps. Pour the **beef mince mixture** into the tortilla base. **TIP:** Cut the tortillas if necessary to make them fit.



### 5 BAKE THE BURRITO BAKE

Sprinkle the grated **Cheddar cheese** and **parsley** over the mince and bake for **10-12 minutes**, or until the cheese has melted and the tortillas are golden. While the bake is in the oven, cut the **tomato** into 1cm chunks. Shred the **cos lettuce**. In a medium bowl, combine the **vinegar**, **honey** and **2 1/2 tbs** of **olive oil**. Add the tomato and cos lettuce to the bowl and toss to coat. **TIP:** Toss the salad just before serving to keep the leaves crisp.



### 6 SERVE UP

Divide the cheesy Mexican burrito bake between plates. Top with **sour cream** and serve with the salad.

**TIP:** For kids, follow our serving suggestion in the main photo!

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
garlic	2 cloves
parsley	1 bunch
carrot	1
red kidney beans	1 tin
Cheddar cheese	1 block (125 g)
Tex-Mex spice blend	1 sachet
beef mince	1 packet
crushed & sieved tomatoes	1 tin (400 g)
salt*	¼ tsp
mini flour tortillas	8
tomato	1
cos lettuce	1
vinegar* (white wine or balsamic)	4 tsp
honey*	1 tsp
sour cream	1 tub (250 ml)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3330kJ (794Cal)	515kJ (123Cal)
Protein (g)	48.0g	7.4g
Fat, total (g)	41.9g	6.5g
- saturated (g)	20.6g	3.2g
Carbohydrate (g)	49.9g	7.7g
- sugars (g)	14.2g	2.2g
Sodium (g)	1270mg	197mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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