



MEXICAN-STYLE BEEF BAKE

with Cheesy Kumara Topping



Cook a Mexican style beef bake



Kumara



Green Capsicum



Brown Onion



Garlic



Carrot



Beef Mince



Mexican Fiesta Spice Blend



Tomato Paste



Crushed Tomatoes



Beef Stock



Cheddar Cheese



Coriander



Greek Yoghurt

Hands-on: **25 mins**
Ready in: **35 mins**
Spicy (Mexican Fiesta spice blend)

This delicious beef bake is both warming and full of nutrients - not that you'd know that to look at it. Undercover veg and an irresistible roasted kumara top make this pie the ultimate in comforting food.

Pantry Staples: Olive Oil, Brown Sugar, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- oven tray lined with **baking paper** • **large frying pan** • **medium baking dish**



1 ROAST THE KUMARA

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm cubes. Place the kumara on the oven tray lined with baking paper, **drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, then roast for **20 minutes** or until softened. **TIP:** *Cut the kumara to the correct size so it cooks in the allocated time.*



2 GET PREPPED

While the kumara is roasting, cut the **green capsicum** into 1cm chunks. Thinly slice the **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Remove the wax from the **Cheddar cheese** and grate the cheese.



3 COOK THE VEGGIES & BEEF

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **capsicum**, **onion** and **carrot** and cook for **3-4 minutes** or until softened. Add the **beef mince** and cook, breaking up with a wooden spoon, for **3-4 minutes** or until browned.



4 ADD THE SAUCE

Reduce the heat to medium and add the **Mexican Fiesta spice blend**, **garlic** and **tomato paste** to the beef and cook for **1 minute** or until fragrant. **SPICY!** *You may find the spice blend hot! Feel free to add less, depending on your taste.* Add the **crushed tomatoes**, **butter**, **brown sugar** and crumble in the **beef stock** (**1 cube for 2 people / 2 cubes for 4 people**). Cook, stirring, for **2 minutes** or until thickened and well combined. Season to taste with **salt** and **pepper**. **TIP:** *Seasoning is key in this dish, so taste, season with **salt** and **pepper** and taste again.*



5 BAKE THE PIE

Transfer the **beef mixture** to the medium baking dish. Top with the roasted **kumara** and sprinkle with the **grated Cheddar cheese**. Bake on the top shelf of the oven for **8-10 minutes** or until the cheese is melted and golden. While the bake is in the oven, roughly chop the **coriander**.



6 SERVE UP

Divide the Mexican beef bake between plates and top with a dollop of **Greek yogurt**. Sprinkle with the coriander.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
kumara	2	4
green capsicum	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
Cheddar cheese	1 block (60 g)	1 block (125 g)
beef mince	1 packet	1 packet
Mexican Fiesta spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
crushed tomatoes	1 tin	2 tins
butter*	20 g	40 g
brown sugar*	½ tsp	1 tsp
beef stock	1 cube	2 cubes
coriander	1 bunch	1 bunch
Greek yoghurt	1 tub (100 g)	1 tub (185 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3100kJ (741Cal)	348kJ (83Cal)
Protein (g)	45.9g	5.2g
Fat, total (g)	31.9g	3.6g
- saturated (g)	18.4g	2.1g
Carbohydrate (g)	61.3g	6.9g
- sugars (g)	37.5g	4.2g
Sodium (g)	1340mg	150mg

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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