



# Cheesy Mexican Style Beef Hash

with Crispy Potato Top and Guacamole

Family 45 Minutes • Mild Spice • 3 of your 5 a day

8



Potatoes



Bell Pepper



Garlic Clove



Beef Mince



Mexican Style Spice Mix



Finely Chopped Tomatoes



Beef Stock Paste



Avocado



Lime



Cheddar Cheese

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Baking Tray, Garlic Press, Frying Pan, Measuring Jug, Grater and Ovenproof Dish.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Beef Mince**	240g	360g	480g
Mexican Style Spice Mix	1 pot	1 pot	1 pot
Finely Chopped Tomatoes	1 carton	1 carton	1 carton
Water for Beef*	50ml	50ml	50ml
Beef Stock Paste	10g	15g	20g
Avocado	1	1	2
Lime**	½	1	1
Cheddar Cheese**	30g	45g	60g

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	748g	100g
Energy (kJ/kcal)	3111/744	416/100
Fat (g)	39	5
Sat. Fat (g)	15	2
Carbohydrate (g)	61	8
Sugars (g)	14	2
Protein (g)	39	5
Salt (g)	2.25	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Roast the Potato

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.** Roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through.



## Get Prepped

Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 2cm chunks. Peel and grate the **garlic** (or use a garlic press).



## Brown the Beef

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **beef mince** and cook until browned, 4-5 mins, breaking it up with a spoon as it cooks. **IMPORTANT: Wash your hands and equipment after handling raw mince.** The mince is cooked when no longer pink in the middle. Once browned, drain and discard any excess fat. Add the **pepper** to the **beef**, stir together, and cook until softened, 5-7 mins, stirring occasionally. Season with **salt** and **pepper**.



## Simmer

Stir the **Mexican style spice mix** and **garlic** into the **beef** and cook for 1 min. Pour in the **chopped tomatoes** and **water** (see ingredients for amount). Stir in the **beef stock paste**, bring to the boil then reduce the heat to medium. Allow to simmer and thicken, stirring occasionally until there is almost no liquid left, 12-15 mins. **TIP: Add a splash more water if the mixture looks a little dry.**



## Make the Guacamole

Meanwhile, slice lengthways into the **avocado**. Once you reach the stone, turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the insides into a bowl. Halve the **lime** and add a squeeze of **juice** and a pinch of **salt** and **pepper**. Mash with a fork. Taste and add more **salt**, **pepper** and **lime juice** if required. Grate the **cheese**.



## Finish and Serve

Once the **sauce** has thickened, season with **salt** and **pepper** to taste. Spoon 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 golden, 10-12 mins. Once golden, serve in deep bowls with a dollop of **guacamole**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.