



# Mexican-Style Beef

with Crispy Potato Top and Guacamole

N° 10

**FAMILY** Hands on Time: 30 Minutes • Total Time: 45 Minutes • 1.5 of your 5 a day



Potato



Onion



Red Pepper



Beef Mince



Carrot



Central American Style Spice Mix



Finely Chopped Tomatoes



Beef Stock Powder



Coriander



Avocado



Lime



Cheddar Cheese

## Before you start

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

### Basic cooking tools you will need:

Large Baking Tray, Frying Pan, Measuring Jug, Coarse Grater and Ovenproof Dish.

### Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Onion**	1	1	1
Red Pepper**	1	1	2
Beef Mince**	240g	360g	480g
Carrot**	1	1	2
Central American Style Spice Mix	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes	1 carton	1 carton	1 carton
Water for the Beef*	50ml	50ml	50ml
Beef Stock Powder	1 sachet	1½ sachets	2 sachets
Coriander**	½ bunch	1 bunch	1 bunch
Avocado**	1	1	2
Lime**	½	1	1
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	866g	100g
Energy (kJ/kcal)	3232 / 773	373 / 89
Fat (g)	40	5
Sat. Fat (g)	14	2
Carbohydrate (g)	68	8
Sugars (g)	21	2
Protein (g)	37	4
Salt (g)	2.14	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Roast the Potato

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



## 4. Simmer

Stir the **central American spice mix** into the **beef** and cook for 1 minute. Pour in the **chopped tomatoes** and **water** (see ingredient list for amount). Stir in the **beef stock powder**, 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. **IMPORTANT:** The beef is cooked when no longer pink.



## 2. Get Prepped

Meanwhile, halve, peel and chop the **onion** into small pieces. Halve the **pepper**, discard the core and seeds then chop into 2cm chunks.



## 5. Make the Guacamole

Meanwhile, finely chop the **coriander** (stalks and all). 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**.



## 3. Start the Sauce

Heat a splash of **oil** in a frying pan on medium-high heat. Add the **beef mince** and cook until browned, 4-5 mins, breaking 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 softened, 5-7 mins. Add a pinch of **salt** and **pepper**. While the veg cooks, remove the ends from the **carrot**, coarsely grate (no need to peel) and add to the pan.



## 6. 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 **cheddar**. 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 **guacamole**. Sprinkle over the **coriander**.

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.