

Mexican-Style Beef

with Crispy Potato Top and Guacamole

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











Red Pepper









Beef Mince

Central American Style Spice Mix



Finely Chopped Tomatoes



Beef Stock Powder



Coriander







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**	1/2	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

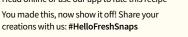
7) Milk

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.

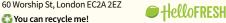
Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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The Fresh Farm
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Packed in the UK



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.



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.



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.



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.



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**.



6. Finish and Serve

Once the **sauce** has thickened, season with **salt** an**d 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.