



MEXICAN STYLE BEEF

with Cheesy Potato Top and Soured Cream



HELLO CORIANDER

Know a coriander hater? Around 14% of people carry a gene which makes this herb taste soapy to them!



Potato



Onion



Red Pepper



Beef Mince



Carrot



Central American Spice Mix



Finely Chopped Tomatoes



Beef Stock Powder



Coriander



Avocado



Lime



Cheddar Cheese



Soured Cream

MEAL BAG



Hands on: **30** mins
Total: **45** mins



Family Box



3 of your
5 a day



Little heat

We've given cottage pie a Mexican twist by seasoning the beef with our special central American spice, topping it with crispy cheesy potatoes, and serving it with a good dollop of zesty soured cream. Super simple to put together, and bursting with big, bold flavours, this is comfort food with a kick. This recipe card will be hanging in your hall of fame in no time at all!

11

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, **Frying Pan**, **Measuring Jug**, **Coarse Grater** and an **Ovenproof Dish**. Now, let's get cooking!



1 ROAST THE POTATO

Preheat your oven 200°C. Chop the **potato** into 2cm cubes (no need to peel). Pop on a lined baking tray, drizzle with **olive oil** and add a pinch of **salt**. Toss to coat, spread out and roast on the top shelf of your oven until crispy, 25-30 mins. Turn halfway through cooking.
★ TIP: Use two baking trays if necessary, you want the potato 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 roughly chop.



3 BROWN THE BEEF

Heat a splash of **oil** in a frying pan on medium-high heat. Add the **beef mince** and cook until browned, 4-5 mins. Break 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 soft, 5-7 mins. Add a pinch of **salt** and **pepper**. While the **veggies** cook, trim the **carrot** and coarsely grate (no need to peel). Stir into the pan once the other **veggies** are soft.



4 SIMMER

Stir the **central American spice mix** into the pan and cook for 1 minute. Pour in the **chopped tomatoes** and **water** (see ingredients for amount). Stir in the **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 10-15 mins.
! IMPORTANT: The beef mince is cooked when it is no longer pink in the middle.



5 GRATE THE CHEESE

While the sauce is bubbling away, 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** from half of it, along with a pinch of **salt** and **pepper**, to the **avocado**. Mash with a fork until smooth. Taste and add more **salt**, **pepper** and **lime juice** if required. Grate the **cheese**.



6 FINISH AND SERVE

Once the **sauce** has thickened, 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 **guac** and **soured cream**. Sprinkle over the **coriander**. **Enjoy!**

2-4 PEOPLE INGREDIENTS

	2P	3P	4P
Potato ✱	1 small pack	1 large pack	2 small packs
Onion ✱	½	1	1
Red Pepper ✱	½	1	1
Beef Mince ✱	240g	360g	480g
Carrot ✱	1	1	2
Central American Spice Mix	1 pot	1½ pots	2 pots
Finely Chopped Tomatoes	½ carton	1 carton	1 carton
Water*	50ml	50ml	100ml
Beef Stock Powder	½ sachet	1 sachet	1 sachet
Coriander ✱	½ bunch	1 bunch	1 bunch
Avocado ✱	1	1	2
Lime ✱	½	1	1
Cheddar Cheese 7) ✱	1 block	2 blocks	2 blocks
Soured Cream 7) ✱	½ pouch	1 pouch	1 pouch

*Not Included ✱ Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 730G	PER 100G
Energy (kJ/kcal)	3446 / 824	472 / 113
Fat (g)	48	7
Sat. Fat (g)	19	3
Carbohydrate (g)	63	9
Sugars (g)	15	2
Protein (g)	36	5
Salt (g)	1.56	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

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

THUMBS UP OR THUMBS DOWN?

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The Fresh Farm
60 Worship St, London EC2A 2EZ

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