



MEXICAN BEEF PIE

with Cheesy Sweet Potato Top



Add flavour to veggies by frying them low and slow



Sweet Potato



Brown Onion



Zucchini



Cheddar Cheese



Beef Mince



Mild Mexican Spice Blend



Chilli Flakes (Optional)



Tomato Paste



Carrot

Pantry Staples



Olive Oil



Salt

Hands-on: **30** mins
Ready in: **40** mins

Spicy (optional chilli flakes)

If you're trying to have a fiesta, you shouldn't be stuck in the kitchen all night. Enter the Mexican Beef Pie! Topped with chunky sweet potato and tasty cheddar, there's only a small amount of prep time, leaving you with maximum fiesta possibilities!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, oven tray** lined with **baking paper, box grater, large frying pan, wooden spoon** and a **small baking dish**.



1 ROAST THE SWEET POTATO

Preheat the oven to **220°C/200°C fan-forced**. Chop the **sweet potato** (unpeeled) into 1.5 cm chunks. Place on the oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat and place in the oven to cook for **20-25 minutes**, or until tender and golden.



2 GET PREPPED

While the sweet potato is cooking, finely chop the **brown onion**. Finely dice the **zucchini**. Finely dice or grate the **carrot** (unpeeled). Grate the **Cheddar cheese**.



3 FRY OFF THE VEGGIES

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **brown onion, zucchini** and **carrot** and cook for **5-7 minutes**, stirring, until the vegetables are tender. **TIP:** If you've got the time, feel free to cook the vegetables on a lower heat for a little longer than recommended to bring more flavour to the dish.



4 ADD THE BEEF MINCE

Add the **beef mince** to the pan with the veggies and cook, breaking up with a wooden spoon, for **5 minutes**, or until browned. Add the **mild Mexican spice blend**, the **salt** (use **suggested amount**) and the **chilli flakes** (if using) and stir for **1 minute**, or until fragrant. **TIP:** Some like it hot but if you don't, just hold back on the chilli flakes. Add the **tomato paste** and stir through until all ingredients are well coated. Season to taste with a **pinch** of **pepper**.



5 BAKE THE PIE

Scoop the **beef mince mixture** into a small baking dish. Top with the **sweet potato** cubes and sprinkle over the **Cheddar cheese**. Season with a **pinch** of **pepper** and place on the top shelf of the oven to cook for **8-10 minutes**, or until golden.



6 SERVE UP

Divide the Mexican beef pie with cheesy sweet potato top between bowls.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	400 g	800 g
brown onion	1	2
zucchini	2	4
Cheddar cheese	1 block (100 g)	2 blocks (200 g)
beef mince	1 packet	1 packet
mild Mexican spice blend	1 sachet (1 tbs)	2 sachets (2 tbs)
salt*	¼ tsp	¼ tsp
chilli flakes (optional)	1 pinch	2 pinches
tomato paste	1 sachet (2 tbs)	2 sachets (4 tbs)
carrot	1	2

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3180kJ (760Cal)	424kJ (101Cal)
Protein (g)	48.0g	6.4g
Fat, total (g)	41.3g	5.5g
- saturated (g)	16.5g	2.2g
Carbohydrate (g)	43.9g	5.8g
- sugars (g)	22.4g	3.0g
Sodium (g)	611mg	81mg

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