



# MEXICAN-STYLE BEEF BAKE

with Cheesy Sweet Potato Topping



Cook a Mexican style beef bake



Sweet Potato



Green Capsicum



Brown Onion



Garlic



Carrot



Beef Mince



Mexican Fiesta Spice Blend



Tomato Paste



Diced Tomatoes



Beef Stock



Shredded Cheddar Cheese



Coriander



Greek Yoghurt

- Hands-on: **25 mins**
- Ready in: **35 mins**
- Spicy (Mexican Fiesta spice blend)
- Naturally gluten-free  
*Not suitable for Coeliacs*

This delicious beef bake is both warming and full of nutrients - not that you'd know that to look at it. Undercover veg and an irresistible roasted sweet potato top make this pie the ultimate in comforting food.

**Pantry Staples:** Olive Oil, Brown Sugar, Butter



# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- oven tray lined with **baking paper** • **large frying pan** • **medium baking dish**



## 1 ROAST THE SWEET POTATO

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm cubes. Place the sweet potato on the oven tray lined with baking paper, **drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, then roast for **20 minutes** or until softened. **TIP:** Cut the sweet potato to the correct size so it cooks in the allocated time.



## 2 GET PREPPED

While the sweet potato is roasting, cut the **green capsicum** into 1cm chunks. Thinly slice the **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled).



## 3 COOK THE VEGGIES & BEEF

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **capsicum**, **onion** and **carrot** and cook for **3-4 minutes** or until softened. Add the **beef mince** and cook, breaking up with a wooden spoon, for **3-4 minutes** or until browned.



## 4 ADD THE SAUCE

Reduce the heat to medium and add the **Mexican Fiesta spice blend**, **garlic** and **tomato paste** to the beef and cook for **1 minute** or until fragrant. **SPICY!** You may find the spice blend hot! Feel free to add less, depending on your taste. Add the **diced tomatoes**, **butter**, **brown sugar** and crumble in the **beef stock** (**1 cube for 2 people / 2 cubes for 4 people**). Cook, stirring, for **2 minutes** or until thickened and well combined. Season to taste with **salt** and **pepper**. **TIP:** Seasoning is key in this dish, so taste, season with **salt** and **pepper** and taste again.



## 5 BAKE THE PIE

Transfer the **beef mixture** to the medium baking dish. Top with the roasted **sweet potato** and sprinkle with the **shredded Cheddar cheese**. Bake on the top shelf of the oven for **8-10 minutes** or until the cheese is melted and golden. While the bake is in the oven, roughly chop the **coriander**.



## 6 SERVE UP

Divide the Mexican beef bake between plates and top with a dollop of **Greek yoghurt**. Sprinkle with the coriander.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	2	4
green capsicum	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
carrot	1	2
beef mince	1 packet	1 packet
Mexican Fiesta spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
diced tomatoes	1 box	2 boxes
butter*	20 g	40 g
brown sugar*	½ tsp	1 tsp
beef stock	1 cube	2 cubes
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)
coriander	1 bunch	1 bunch
Greek yoghurt	1 tub (100 g)	2 tubs (200 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2990kJ (714Cal)	337kJ (81Cal)
Protein (g)	45.3g	5.1g
Fat, total (g)	29.1g	3.3g
- saturated (g)	16.4g	1.9g
Carbohydrate (g)	61.6g	7.0g
- sugars (g)	37.7g	4.3g
Sodium (g)	1290mg	146mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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