



Tex-Mex Beef & Corn Bake

with Cheesy Potatoes

Grab your Meal Kit with this symbol



Potato



Zucchini



Brown Onion



Garlic



Carrot



Sweetcorn



Beef Mince



Tex-Mex Spice Blend



Tomato Paste



Diced Tomatoes With Garlic & Olive Oil



Beef Stock



Shredded Cheddar Cheese



Coriander



Greek Yoghurt

- Hands-on: 30 mins
- Ready in: 40 mins
- Naturally gluten-free
- Not suitable for Coeliacs*

This family favourite is a genius combo of tender beef and veggies cooked in mild Mexican spices with a topping of golden chunks of cheesy roasted potato. Licking the bowl clean is heartily encouraged!

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper
Large frying pan · Medium baking dish

Ingredients

	4 People
olive oil*	refer to method
potato	4
zucchini	1
brown onion	1
garlic	3 cloves
carrot	2
sweetcorn	1 tin (300g)
beef mince	1 packet
Tex-Mex spice blend	2 sachets
tomato paste	1 sachet
diced tomatoes with garlic & olive oil	1 box (400g)
beef stock	2 cubes
shredded Cheddar cheese	1 packet (100g)
coriander	1 bag
Greek yoghurt	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2758kJ (659Cal)	370kJ (89 Cal)
Protein (g)	45.2g	6.1g
Fat, total (g)	27.8g	3.7g
- saturated (g)	12.5g	1.7g
Carbohydrate (g)	51.3g	6.9g
- sugars (g)	20.8g	2.8g
Sodium (mg)	1490mg	200mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chunks. Divide the **potato**, a **drizzle of olive oil** and a **generous pinch of salt and pepper** between two oven trays lined with baking paper. Toss to coat, then spread in a single layer and roast until tender, **20 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



2. Get prepped

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



3. Cook the beef

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **zucchini, onion** and **carrot** and cook until softened, **5-6 minutes**. Add another **drizzle of olive oil** and the **beef mince** and cook, breaking up with a spoon, until just browned, **3-4 minutes**.



4. Simmer the sauce

SPICY! Add less of the spice blend if you are sensitive to heat! Reduce the heat to medium and add the **Tex-Mex spice blend, garlic** and **tomato paste** to the pan and cook, stirring, until fragrant, **1 minute**. Add the **diced tomatoes with garlic & olive oil** and **sweetcorn**. Crumble in the **beef stock cubes** and simmer until thickened, **2 minutes**. 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. Melt the cheese

Transfer the **beef mixture** to a medium baking dish. Top with the **roasted potato** and sprinkle with the **shredded Cheddar cheese**. Bake until the cheese is melted and golden, **8-10 minutes**. While the cheese is melting, roughly chop the **coriander**.



6. Serve up

Divide the Tex-Mex beef with cheesy potato topping between bowls, top with a dollop of the **Greek yoghurt** and sprinkle with coriander to serve.

Enjoy!