DINNER TWIST
LOCAL, HEALTHY, DELIVERED

FOR the Little ONES



Cheesy Bean & Beef Nachos

Cheesy taco Bake

A classic taco-style beef sauce finished with cheese in the oven served with tortilla strips for dipping, mashed avo and corn.

30 MINUTES | 2 SERVINGS | Beef

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	25g	60g

FROM YOUR BOX

BEEF MINCE	250g
BROWN ONION	1
CHOPPED TOMATOES	400g
BLACK BEANS	400g
AVOCADO	1
CORN COB	1
SHREDDED CHEDDAR CHEESE	1 packet
TORTILLA STRIPS	1 bag

FROM YOUR PANTRY

salt, pepper, smoked paprika, ground cumin

COOKING TOOLS

large frypan, saucepan, oven dish

You can make nachos instead if you like! Spread beef and bean sauce over the corn chips, top with cheese and bake until melty.

Before you start cooking!
Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. BROWN AND SEASON THE BEEF

Set oven to 220°C, grill setting.

Heat a frypan over high heat. Add **mince** and cook for 3-5 minutes while breaking up any lumps. Dice and add **onion**. Season with **2 tsp smoked paprika, 3 tsp cumin, salt and pepper**.



2. ADD TOMATOES & BLACK BEANS

Pour in **chopped tomatoes.** Drain, rinse and add **beans**. Simmer for 5 minutes then see step 5.



3. MASH THE AVOCADO

In the meantime, mash **avocado** using a fork. Season with **salt** to taste.

tip *Season the mashed avocado with cumin, chilli or lime if you like!*



4. PREPARE THE CORN

Remove husks and silks from **corn cob**. Quarter and place in a saucepan. Cover with water and bring to a boil. Drain and place in a serving bowl.

tip *If you prefer, remove corn kernels and add to the sauce instead.*



5. BAKE IN THE OVEN

Transfer **beef taco sauce** to an oven dish. Top with **cheese** (use to taste) and cook in the oven for 5-7 minutes or until golden.

tip *Adjust seasoning to taste before adding the cheese if needed.*



6. FINISH AND SERVE

Serve **taco bake** with a side of **corn**, **tortilla strips** and **mashed avocado** at the table.