B

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 | 4/6 SERVINGS | Beef

Per serve 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g/38g	22g	57g/59g

FROM YOUR BOX

	4 PERSON	6 PERSON
BEEF MINCE	500g	500g + 250g
BROWN ONION	1	2
CHOPPED TOMATOES	400g	2 x 400g
BLACK BEANS	400g	400g
AVOCADO	1	2
CORN COBS	2	3
CHEDDAR CHEESE	1 packet	1 packet
TORTILLA STRIPS	1 bag	2 bags

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 large pan over high heat. Add **mince** and cook for 5 minutes, breaking it up. Dice and add **onion,** season with **2 tsp smoked paprika and 1 tbsp cumin**.

6P - use 1 tbsp smoked paprika and 1 1/2 tbsp cumin.



2. ADD TOMATOES & BLACK BEANS

Pour in **chopped tomatoes**. Drain, rinse and add **beans**. Simmer for 5 minutes until reduced. Season with **salt and pepper.** 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 COBS

Remove husks and silks from **corn cobs**. 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** 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.