

FOR the
Little onesCheesy Bean &
Beef Nachos

Cheesy taco Bake

 30 Minutes 4 Servings Beef

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

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FROM YOUR BOX

BEEF MINCE	500g
BROWN ONION	1
TOMATO PASSATA	700ml
BLACK BEANS	400g
AVOCADO	1
CORN COBS	2
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 250°C.

Heat a large frypan over high heat. Add **mince** and cook for 5 minutes while breaking up lumps. Dice and add **onion**. Season with **1/2 tbsp smoked paprika, 1 tbsp cumin, salt and pepper**.



2. ADD tomatoes & BLACK BEANS

Pour in **2/3 jar tomato passata**. 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 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.