



FOR the
Little ONES



Quartered Potato Boats
With added Cheese



Mexican SPUDS

Stuffed potato boats with Mexican style beef, fresh salad ingredients, mashed avo, mild salsa and a dollop of sour cream.

40 Minutes

2 Servings

Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	47g	44g

FROM YOUR BOX

MEDIUM POTATOES	3
BABY COS LETTUCE	1
TOMATO	1
AVOCADO	1
BEEF MINCE	300g
MILD SALSA	1 jar
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt

COOKING TOOLS

oven tray, frypan

For a quicker dish you can cut the potatoes into wedges to roast. Pile up the toppings and serve as loaded wedges. Another option is to wrap them in foil and roast until soft. Serve as a jacket potato (these can also be prepared in the air fryer!).

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. Roast the Potatoes

Set oven to 220°C.

Halve **potatoes** and arrange cut side down on a lined oven tray. Rub with **oil** and **salt**. Roast for 30–35 minutes or until golden and tender.



4. Cook the Beef

Heat a frypan with a little **oil** over medium-high heat. Add **beef mince** and cook for 6 minutes, using a spatula to break up any lumps. Stir in **1/2 jar salsa**. Warm through.

tip *Instead of salsa (or as well as!), you can use tomato paste and spices like smoked paprika or cumin.*



2. Prepare the Fresh Components

Trim and shred **lettuce**. Dice **tomato**.



3. Mash the avocado

Mash **avocado** with **1–2 tsp olive oil** using a fork. Season with **salt** to taste.

tip *Dice the avocado if you prefer! You can also add 1/2 tsp ground cumin for extra flavour.*



5. Finish and Serve

Press down the middle of each **potato** slightly with a fork. Arrange on plates, pile on **meat** and **salad ingredients**. Serve with **mashed avocado**, **remaining salsa** and a dollop of **sour cream**.