



FOR the
Little ones

FRESH
VEGGIES



Mini Pie MADE IN MUFFIN
TRAY

tex Mex Beef Pie

Comforting beef pie with a Tex-Mex twist, topped with smooth potato mash and a tomato avocado salad!

35 Minutes

2 Servings

Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	33g	72g

FROM YOUR BOX

MEDIUM POTATOES	3
BEEF MINCE	300g
WARM MEXICAN SPICE MIX	1 tub
BLACK BEANS	400g
SALSA	1 jar
TOMATO	1
AVOCADO	1

FROM YOUR PANTRY

olive oil, butter, salt, pepper

COOKING TOOLS

saucepan, frypan, oven dish

Use the avocado to make a guacamole and serve with a side of corn chips!

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.

Warm Mexican spice mix: smoked paprika, cumin, coriander, oregano, garlic powder, cinnamon.



1. COOK THE POTATOES

Set oven to 250°C.

Chop **potatoes**. Place in a large saucepan and cover with water. Bring to a boil and cook for 15 minutes or until soft. To drain, see step 3.

tip Peel potatoes for a smoother mash!



4. ASSEMBLE THE PIE

Season the **meat sauce** to taste and transfer to an oven dish. Top with an even layer of **mash** and drizzle/spray with **olive oil**. Place in the oven for 8-10 minutes or until golden.

tip Use a fork to spread out the mash over the meat sauce. Top with some cheese!



2. BROWN THE MINCE

Heat a pan with **oil** over medium-high heat. Add **beef mince** and cook for 5 minutes while breaking up lumps with a spatula. Stir in **spice mix, black beans, salsa** and **1/4 cup water**. Simmer for 8-10 minutes.

tip Use an ovenproof pan if you have one!



5. MAKE THE TOMATO SALAD

Meanwhile, dice **tomato** and **avocado**. Toss together and dress with **olive oil, salt and pepper**.

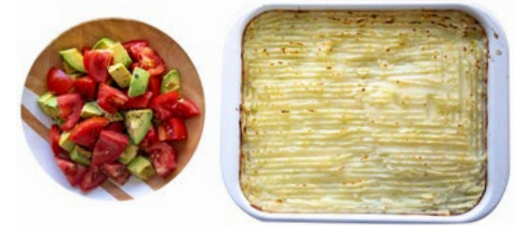
tip Serve separately if kids prefer!



3. MASH THE POTATOES

Reserve **1/3 cup cooking water** before draining the **potatoes**. Return to saucepan and mash with **2 tbsp butter**. Use **cooking water** as desired and season with **salt and pepper**.

tip Replace cooking water with milk for a richer flavour!



6. FINISH AND SERVE

Serve **beef pie** at the table with **tomato salad**.