

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 and mashed avo for dipping.

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## FROM YOUR BOX

BEEF MINCE	500g
BROWN ONION	1
CHOPPED TOMATOES	400g
BLACK BEANS	400g
AVOCADO	1
LEBANESE CUCUMBER	1
RED CAPSICUM	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 tortilla strips, 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.**



### 4. PREPARE the TOPPING

Dice cucumber and capsicum.



### 2. ADD tomatoes & BLACK BEANS

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



### 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.



### 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!



### 6. finish AND SERVE

Serve taco bake with a side of tortilla strips and mashed avocado at the table. Top with fresh cucumber and capsicum.