



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Tomatoes

Although tomatoes are fruits – nutritionally they look more like vegetables. They are low in calories and rich in a number of nutrients that are good for your health.



## 3 Cheesy Taco Bake

One-pan taco dinner finished in the oven for a golden cheesy top! Served with corn cobs, tortilla strips, pickled jalapeños & onion.

 20 minutes

 4 servings





 Beef

26 March 2021

*Add your favourites*

*As with any Mexican inspired dish, add any favourite ingredients of choice! Sour cream, guacamole, cucumber, capsicum... let the kids pick!*

## FROM YOUR BOX

RED ONION	1
BEEF MINCE 	600g
CELERY STICKS	2
SALSA	1 jar
GRATED CHEESE	1 packet (200g)
CHERRY TOMATOES	1 packet (200g)
JALAPEÑOS	1 jar
CHIVES	1/3 bunch *
CORN COBS	2
TORTILLA STRIPS	1 bag
 SWEET POTATO	500g
 ZUCCHINI	1
 TINNED LENTILS	400g

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

salt, pepper, smoked paprika, ground cumin, white or red wine vinegar, sugar (brown or other)

## KEY UTENSILS


large frypan, saucepan

## NOTES

If you don't want to pickle the onion, you can add the whole onion to cook at step 2.

Use an oven proof frypan if you have one! If not, you can transfer the mixture to an oven dish at step 4 to finish in the oven.

**No beef option** – beef mince is replaced with **chicken mince**. Increase cooking time to 4-5 minutes or until cooked through.

 **VEG OPTION** – Ingredients are replaced with **vegetarian alternatives** – follow the **cooking instructions as directed**.



### 1. PICKLE THE RED ONION


Set oven to 220°C, grill.

Thinly slice 1/2 red onion (see notes). Place in a glass bowl with **2 tbsp vinegar** and **1 1/2 tbsp sugar**. Season with **salt** and set aside.



### 4. FINISH IN THE OVEN


Top beef mixture with cheese, quartered or halved cherry tomatoes, jalapeños (to taste), and chopped chives. Bake in the oven for 5-8 minutes or until golden.

 **VEG OPTION** – Drain and stir in lentils. Top with **cheese, quartered cherry tomatoes, jalapeños (to taste), and chopped chives**. Bake in the oven for **5-8 minutes or until golden**.



### 2. BROWN THE BEEF

Heat a pan (see notes) over medium-high heat. Add beef mince to brown, breaking up lumps with a spoon. Dice celery and remaining red onion, add to pan.

 **VEG OPTION** – Heat a pan over **medium heat with oil** (see notes). Dice and add onion, celery, sweet potato and zucchini. Add to pan as you go.




### 5. COOK THE CORN

In the meantime, remove husks and silks from corn cobs. Quarter and add to a saucepan with water. Bring to the boil, drain and place at the table for serving.



### 3. STIR IN SALSA

Season with **2 tsp smoked paprika** and **2 tsp cumin**. Stir in salsa and **2 tbsp water**. Cook uncovered for 5 minutes.

 **VEG OPTION** – Season with **3 tsp smoked paprika** and **3 tsp cumin**. Stir in salsa and **1/2 jar water**. Cover and cook for 10 minutes or until sweet potato is soft. Add more water if needed.



### 6. FINISH AND SERVE

Serve taco bake at the table with any remaining jalapeños, corn cobs, pickled onion and tortilla strips.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

