



UCOOK

Mexican Beef Mince & Cheesy Wedges

with cheddar cheese

Bold & delicious Mexican-spiced beef mince is perfectly complemented by golden, cheesy potato wedges topped with rich white cheddar cheese — a fiesta of flavours that's sure to satisfy your cravings.

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

Simple & Save

Laborie Estate | Laborie Chenin Blanc 2023

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Ingredients & Prep

1,2kg	Potato <i>rinse & cut into wedges</i>
450g	Beef Mince
3	Garlic Cloves <i>peel & grate</i>
45ml	Tomato Paste
30ml	Old Stone Mill Mexican Spice
120g	Grated Cheddar Cheese
8g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. ROAST THE WEDGES Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until crispy, 40-45 minutes (shifting halfway).

2. COOK THE MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the grated garlic, the tomato paste, the Mexican spice (to taste), and fry until fragrant, 3-4 minutes. Add 300ml of water, and simmer until almost reduced and thickening, 6-8 minutes. Remove from the heat, add a sweetener, and season.

3. CHEESE MELT When the roast has 8-10 minutes remaining, sprinkle over the grated cheese and continue roasting until the cheese is melted and turning golden.

4. TIME TO FEAST! Make a bed of the mince, top with the cheesy wedges, and garnish with a sprinkle of the chopped coriander. Nicely done, Chef!



Chef's Tip

Air fryer method: Coat the potato wedges in oil and seasoning. Air fry at 200°C until crispy, 25-35 minutes (shifting halfway). In the final 5-8 minutes, sprinkle over the grated cheese to melt.

Nutritional Information

Per 100g

Energy	600kj
Energy	144kcal
Protein	7.7g
Carbs	13g
of which sugars	1g
Fibre	1.9g
Fat	7g
of which saturated	3.1g
Sodium	119mg

Allergens

Allium, Cow's Milk

Eat
Within
3 Days