

# MARLEY SPOON



## Spiced Pork and Beans

with Cheesy Tortilla Topping



20-30min



2 Portions

The whole household will love this fun and healthy adaptation of Mexican-American nachos, featuring a flavour-packed pork, vegetable and kidney bean stew, laced with smoked paprika and topped with a crunchy tortilla crust smothered in golden melted smoked cheddar. Olé to that!

## What we send

- English smoked cheddar <sup>7</sup>
- onion
- garlic
- capsicum
- kidney beans
- free-range pork mince
- cumin and coriander spice blend
- diced tomatoes
- flour wrap <sup>1,6</sup>
- smoked paprika

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- olive oil spray
- sea salt and pepper
- neutral oil, such as vegetable

## Utensils

- 1L (4 cup) baking dish
- box grater
- foil
- medium saucepan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

The paprika gives a smokiness, if you prefer a milder flavour omit it from the topping.

## Allergens

Gluten (1), Soy (6), Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 800kcal, Fat 38.4g, Carbs 53.1g, Proteins 51.5g



### 1. Prepare ingredients

**Read through the recipe.** Finely chop the **onion**. Crush or finely chop the **garlic**. Cut the **capsicum** into 1cm chunks, discarding the seeds and membrane. Rinse and drain the **kidney beans**.



### 2. Cook onion

Heat **1 tbs oil** in a medium deep frypan over medium heat. Add the **onion, garlic** and **capsicum**, season with **salt and pepper** and cook, stirring regularly, for 6-8 mins until softened.



### 3. Add mince

Increase the heat to high, add the **pork mince** and cook, breaking up the lumps, for 3-4 mins until browned. Add **1½ tsp cumin and coriander spice blend\*\*** and **½ tsp smoked paprika** and cook, stirring, for 1 min. Add the **beans** and **tomatoes** and bring to a simmer. Reduce the heat to medium-low, cover and cook for 15 mins or until thickened.



### 4. Grill wraps

Meanwhile, heat the grill to medium. Line an oven tray with foil. Spray **2 wraps**, on both sides, with **olive oil** (the remaining wraps won't be used in this dish) and put on the lined tray. Grill for 2 mins each side or until browned and crisp. Remove from the grill and stand to cool, leaving the grill turned on.



### 5. Assemble casserole

Coarsely grate **half the cheese** (the remaining cheese won't be used in this dish). Spoon the **pork mixture** into a 1L (4 cup) baking dish, then coarsely crumble the **wraps** over the top and scatter with the **cheese**.



### 6. Get ready to serve

Grill the **casserole** for 1-2 mins until the cheese starts to bubble and brown. Scatter over **¼ tsp smoked paprika** (see cooking tip) to serve.