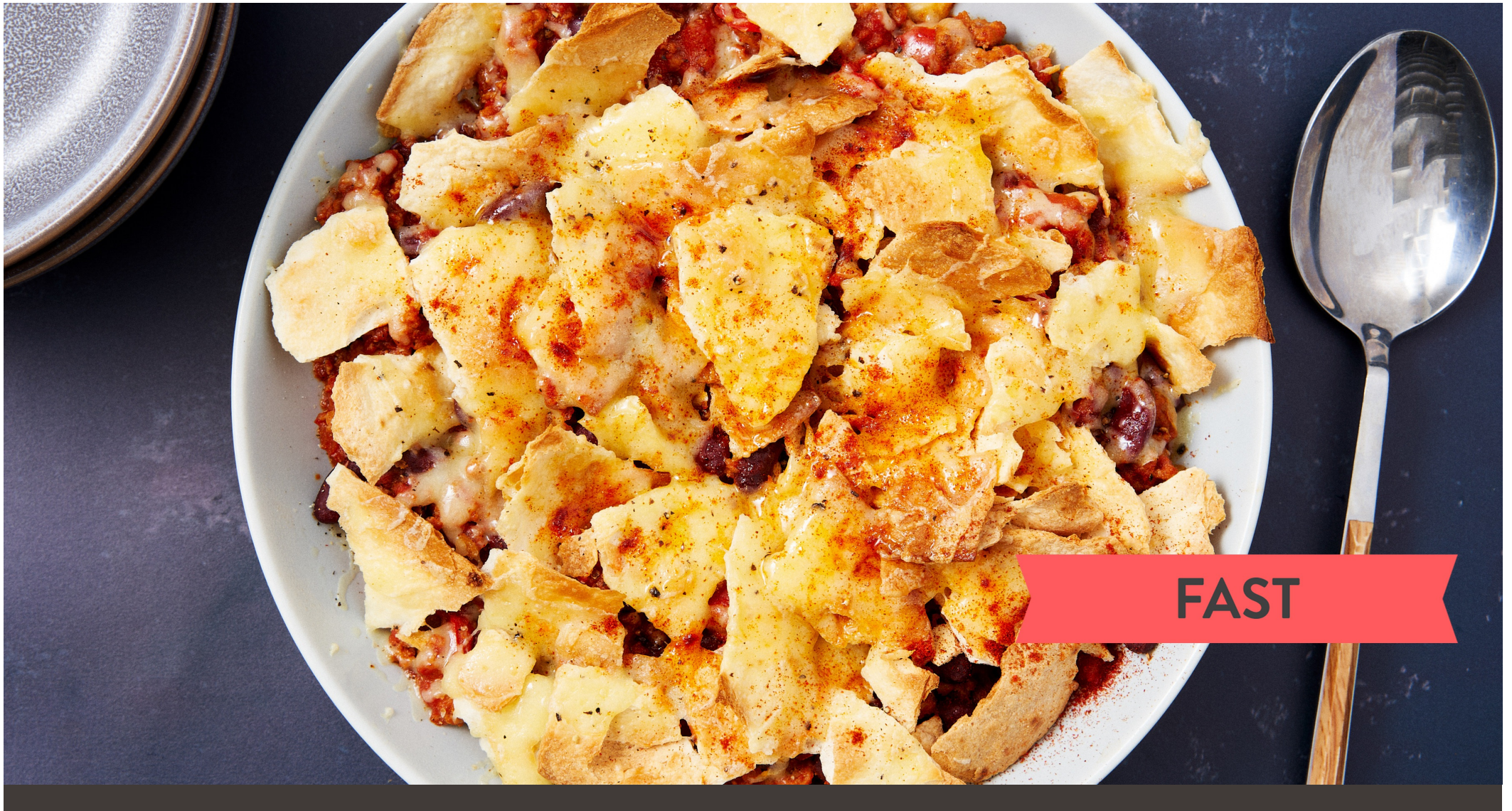


# MARLEY SPOON



**FAST**

## Spiced Pork and Beans

with Cheesy Tortilla Topping



20-30min



4 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

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

## What you'll require

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

## Utensils

- 2L (8 cup) baking dish
- box grater
- foil
- large 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 53.2g, Proteins 51.6g



### 1. Prepare ingredients

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



### 2. Cook onion

Heat **2 tbs oil** in a large 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.



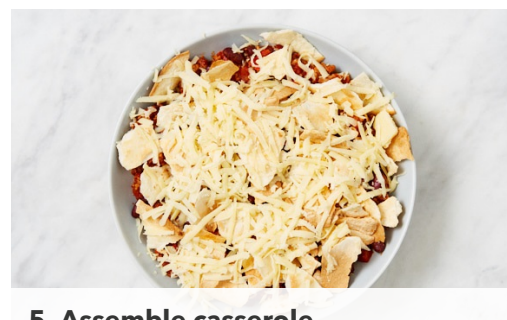
### 3. Add mince

Increase the heat to high, add the **pork mince** and cook, breaking up lumps, for 3-4 mins until browned. Add **cumin and coriander spice blend** and **1 tsp smoked paprika** and cook, stirring, for 1 min. Add **beans** and **tomatoes** and bring to a simmer. Reduce heat to medium-low and cook, covered, for 10 mins, then cook, uncovered, for 5 mins or until thickened.



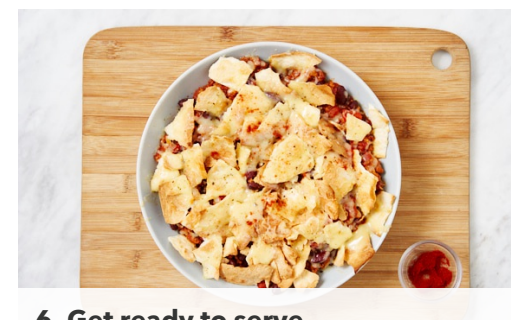
### 4. Grill wraps

Meanwhile, heat the grill to medium. Line an oven tray with foil. Spray **4 wraps**, on both sides, with **olive oil** 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 the **cheese**. Spoon the **pork mixture** into a 2L (8 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 **1/2 tsp smoked paprika** (see cooking tip) to serve.