

Mexican Mac n Cheese



Serves

4-6

Cooking time



Veg per serve

2



Double this recipe to feed a crowd or fill your freezer with ready-to-go meals.



Ingredients

1 brown onion
3 garlic cloves
Spray oil
500g beef mince
1 tablespoon ground cumin
2 teaspoons ground coriander
2 tablespoons paprika
150g reduced fat cheese

400g can kidney beans
400g can corn kernels
400g can diced tomatoes
2 ½ cups water
2 teaspoons reduced salt beef stock powder
250g macaroni pasta
1 ½ cups spinach
Chilli powder (optional)

Equipment

Frypan and lid
Chopping board
Knife
Measuring spoons
Large spoon
Grater
Can opener (if required)
Strainer



How to make it



1. Chop onion into small pieces. Finely chop 3 garlic cloves. Spray frypan with oil and turn onto medium heat.



2. To the frypan, add onion, garlic, beef mince, 1 tablespoon ground cumin, 2 teaspoons ground coriander and 2 tablespoons paprika. Mix well. Cook for 5 minutes or until the meat is brown.



3. Drain kidney beans and corn and add to frypan. Add diced tomatoes, 2 ½ cups water, 2 teaspoons stock powder, 250g macaroni pasta and stir. Cook for 8 minutes, with lid on until macaroni is cooked. Add chilli if using.



4. Grate cheese. Remove lid and add half the grated cheese and 1 ½ cups spinach and mix.



5. Sprinkle the remaining grated cheese over the top. Put the lid back on and turn off the heat. Leave to sit for 5 minutes and then serve.