

MEXICAN BEEF BAKE

Serves: 4

Calories: 447 kcal per serve

Macros per serve: Protein: 42 g **Carbohydrates:** 37 g **Fat:** 13 g

Ingredients

- 500 g extra lean beef mince (chicken or Turkey would be fine)
- 90 g jasmine rice
- 400 ml beef stock (sub chicken or veggie)
- 200 g tinned corn (drained)
- 200 g black beans (drained)
- 200 g cherry tomatoes (halved)
- 100 g red capsicum (chopped)
- 100 g carrot (grated or finely chopped)
- 30 g taco seasoning (mingle is good – sub for preferred flavours)
- Juice of 1 lime
- Salt and pepper
- 100 g light mozzarella (grated, for topping)
- Optional: coriander to finish

Method

1. Combine all ingredients (except cheese and coriander) in a baking dish.
2. Cover and **bake at 180 °C for 45 minutes.**
3. Remove foil, top with cheese, and bake another **10–15 minutes** until golden.
4. Let rest 5 minutes before serving.