

CHEESY MEXICAN ENCHILADA CASSEROLE

Loaded with vegetables, Mexican black beans, cheese and a hint of spices this casserole feels like you're eating healthy while indulging just a bit. This is sure to become a family favourite.



Serves: 8



Prep: 30min
Cook: 55min



Dial:
2,3,1



Varied

Ingredients

- 2 ½ medium sized sweet potatoes, washed, peeled and ends cut off
- 2 Tbsps olive oil
- 1 medium onion, ends cut off and peeled
- 2 red capsicums, ends cut off and inner seeds etc removed
- 2 large cloves garlic, peeled
- 1 Tbsp sea salt
- 1 tsp paprika
- 1 tsp ground cumin
- 1 corn cob, halved (buy small cobs if possible)
- ¾ can of black beans, drained and rinsed
- 500g of beef mince
- 1 ½ cups enchilada sauce
- 1 cup grated tasty cheese
- 1 avocado, peeled and seed removed
- 2 spring onions washed and end removed
- Handful coriander
- 1 lime, quartered
- 20x30cm Casserole Dish



See next page for method

Method

1. Preheat the oven to 200°. Lightly grease a 20cm x 30cm casserole dish or baking tray.
2. Cut the sweet potatoes in half and place upright (vertical) in your Kleva Safety Slicer™. Julienne with both the red and green buttons in the ON position and dial on 2. When done, place in the bottom of the casserole dish and spread out evenly.
3. Place capsicums in your Kleva Safety Slicer™ and slice with both the red and green buttons in the ON position and dial on 3.
4. Slice even lines across your onion but don't cut all the way through. Place in your Kleva Safety Slicer™ and slice with both the red and green in the ON position and dial on 1.
5. Slice even lines across your garlic cloves but don't cut all the way through. Place in your Kleva Safety Slicer™ and slice with both the red and green buttons in the ON position and dial on 1.
6. Place corn cobs in your Kleva Safety Slicer™ 1 at a time and slice with red and green buttons to the right and dial on level 3.
7. In your large Diamond Earth Frypan™ warm the 2 tablespoons of olive oil on a medium heat. Add the onions to the pan and sauté for about 5 minutes until soft and tender. Add the beef mince and cook off only until it turns brown. Add the salt, paprika and cumin. *Hints and Tips: Add more cumin and paprika if desired.*
8. Then add the capsicums and garlic and continue sautéing another 2-3 minutes until the capsicums are slightly soft. Turn off the heat and stir in corn and black beans.
9. Once mixed in, transfer the contents of the frypan to the casserole dish and spread over the top of the sweet potatoes. Pour the enchilada sauce over the top and use a spoon to gently mix everything together.
10. Place in the middle of the oven and bake for 35 minutes. Briefly remove the casserole from the oven to cover the top with the grated cheese and return to the oven for another 10 minutes under the grill. Once the cheese is fully melted remove the casserole from the oven and set aside to let cool for 5-10 minutes before cutting into and serving.
11. While your casserole is cooking, slice the spring onions with both the red and the green buttons in the OFF position and dial on 2. Then with the avocado upright and smaller edge towards the blade, slice on the same setting.
12. Cut the casserole into 8 sections serve and top with avocado slices, spring onions, coriander and a squeeze of lime.