

Ingredients

1 brown onion

2 garlic cloves

Spray oil

500g lean beef mince

2 carrots

420g tin peas and corn

1 tablespoon salt-reduced beef stock powder

420g tin baked beans

4 medium potatoes

100g reduced fat cheese



Chopping board, knife, frypan with lid, large spoon, measuring spoons, strainer, can opener, grater





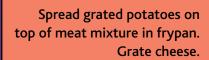


Chop carrot into small pieces.

Drain peas and corn with a strainer. Add carrot, peas, corn and stock powder into the frypan. Stir to combine.



Add baked beans into frypan and stir to combine.
Turn frypan down to low heat.
Grate potatoes.





Spread grated cheese on top of meat and potato mixture. Place lid on frypan and cook for 10 minutes or until cheese is melted.