



Beef and Potato Keema Tacos

with Golden Roasted Cauliflower, Tomato Raita and Mango Chutney

Street Food 45 Minutes • Mild Spice • 2 of your 5 a day

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Potato



Cauliflower Florets



Turmeric



Beef Mince



Red Onion



Garlic Clove



Coriander



North Indian Style Spice Mix



Tomato Puree



Beef Stock Paste



Medium Tomato



Greek Yoghurt



Lime



Tortilla



Mango Chutney

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Frying Pan, Bowl and Garlic Press.

Ingredients

	2P	3P	4P
Potato**	1	1½	2
Cauliflower Florets**	300g	450g	600g
Turmeric	1 sachet	1 sachet	2 sachets
Beef Mince**	240g	360g	480g
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
North Indian Style Spice Mix	1 pot	1 pot	2 pots
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	200ml	300ml	400ml
Beef Stock Paste	10g	15g	20g
Medium Tomato	2	3	4
Greek Yoghurt** 7)	75g	120g	150g
Lime**	½	1	1
Tortilla 13)	6	9	12
Mango Chutney	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	771g	100g
Energy (kJ/kcal)	3746 /895	486 /116
Fat (g)	32	4
Sat. Fat (g)	15	2
Carbohydrate (g)	109	14
Sugars (g)	26	3
Protein (g)	43	6
Salt (g)	2.18	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Roast the Potato

Preheat your oven to 200°C. Chop the **potato** (no need to peel) into 1cm pieces - you want them small so they fit in your taco. Pop them onto one half of a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. When the oven is hot, roast on the top shelf until golden and tender, 20-22 mins.



Golden Cauli Time

Meanwhile, pop the **cauliflower florets** into a bowl and drizzle with **oil**. Season with **salt** and **pepper**, sprinkle over the **turmeric** and toss to coat. Once the **potato** has been in the oven for 5 mins, add the **cauliflower** to the other half of the tray and roast until golden, 15-20 mins. Turn both halfway through.



Start the Keema

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **minced beef** and cook until browned, 4-5 mins, breaking it up with a spoon as it cooks. **IMPORTANT: Wash your hands after handling raw mince.** While the **mince** cooks, halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). When the **mince** has browned, drain and discard any excess fat. Add the **onion** and cook until softened, 4-5 mins, stirring occasionally.



Simmer

Next, add the **garlic**, **North Indian style spice mix** and **tomato puree**. Mix together and cook for a further min. Then, add the **beef stock paste** and **water for the sauce** (see ingredients for amount), stirring to combine. Bring to a boil then lower the heat and simmer until the liquid has reduced, 8-10 mins, stirring occasionally. **IMPORTANT: The mince is cooked when no longer pink in the middle.**



Make the Tomato Raita

Meanwhile, chop the **tomatoes** into small chunks and pop into a bowl along with the **Greek yoghurt**. Halve the **lime** and squeeze some **juice** into the bowl. Season with **salt** and **pepper** then mix together. Taste and add more **salt**, **pepper** or **lime juice** if needed. Set the **tomato raita** aside for now. When the **keema** has thickened, season to taste and stir through **half** the **coriander**.



Taco Time

When everything is ready, pop the **tortillas** into the oven to warm through, 1-2 mins. Lay out **3 tortillas** on each person's plate. Spoon the **beef keema** down the middle. Top with the **roasted potato** and **golden cauliflower**. Spoon over the **tomato raita** and finish each **taco** with a dollop of **mango chutney**. Sprinkle over the **remaining coriander** to garnish. Cut any **remaining lime** into **wedges** and serve alongside for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.