



More Than Food
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Beef Roly Polys Mexican Style

Get your sombreros out, wrap yourself in a stripy blanket and get ready for a Mexican-style meal. Flour tortillas stuffed with tasty mince and smothered in a cheesy sauce ... making your mouth water? Get the kids to help with prep, whether it's grating cheese or rolling up tortillas, they will be sure to enjoy their roly polys if they've had a hand in making them. Don't forget the cold beers and a slice of lime!



40 mins



family box



healthy



2 of your 5 a day



Onion (1)



Garlic Clove (2)



Cheddar Cheese (1 block)



Beef Mince (500g)



Water (100ml)



Beef Stock Pot (1)



Organic Chopped Tomatoes (1 tin)



Tomato Purée (1 tbsp)



Smoked Paprika (¾ tbsp)



Wholemeal Tortilla (8)



Crème Fraîche (1 pot)



Green Beans (3 packs)


4 PEOPLE INGREDIENTS

- Onion, chopped **1**
- Clove Garlic, chopped **2**
- Cheddar Cheese **1 block**
- Beef Mince **500g**
- Water **100ml**
- Beef Stock Pot **1**
- Organic Chopped Tomatoes **1 tin**
- Tomato Purée **1 tbsp**
- Smoked Paprika **¾ tbsp**
- Wholemeal Tortilla **8**
- Crème Fraîche **1 pot**
- Green Beans, halved **3 packs**

Allergens: Gluten, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	569 kcal / 2388 kJ	24 g	13 g	42 g	10 g	45 g	3 g
Per 100g	146 kcal / 614 kJ	6 g	3 g	11 g	3 g	12 g	1 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

A Hungarian scientist won the Nobel Prize for research on the vitamin content of paprika. Pound for pound, it has a higher content of vitamin C than citrus fruit!

Beef Stock Pot Ingredients: Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.

3



1 Pre-heat your oven to 200 degrees. Peel and chop the **onion** into 2cm pieces and peel and finely chop the **garlic**. Grate the **cheese** and set aside.

4



2 Heat a splash of **oil** in a frying pan on medium heat and fry your **onion** and **garlic** gently for about 5 mins until softened. Add the **beef mince**, turn the heat up slightly and cook for 10 mins, stirring occasionally until the **mince** is browned all over.

3 Boil the **water**, as stated in the ingredient list, and dissolve the **beef stock pot** in it. Add half the **chopped tomatoes**, all your **stock** and **tomato purée** to your **mince** in the pan and stir well. Add the **smoked paprika**, a pinch of **salt** and **pepper** and simmer for 5 mins on medium-low heat, until thickened. Take off the heat and allow to cool for 5 mins before assembling the rolypolys!

4 Divide your **mince mixture** between the **tortillas** and spread over each **tortilla**. Roll up to enclose the meat and pack all your **rolls** tightly in an ovenproof dish.

6



5 Put a pot of water on to boil for your beans. Spoon the remaining **chopped tomatoes** over your **rolls**.

6 Put the **crème fraîche** in a bowl and add in three-quarters of your **cheese**. Stir together, then spoon your **cheesy mixture** over your **tortillas**, scatter your remaining **cheese** on top. Pop in your oven on a high shelf for 10-15 mins, until golden-brown.

7 Cut the tops and bottoms off the **green beans**. **Tip:** *This is called top and tailing!* Cut them in half and add to the boiling water. Simmer for 3-5 mins, until just tender. Drain and serve with your **beef roly polys** and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!