



Triple Tier Chorizo & Three Cheese Taco Stack with Avocado and Tomato Salsa, and Zesty Soured Cream

Street Food 35-40 Minutes • Medium Spice • 2 of your 5 a day

29



Spring Onion



Baby Plum Tomatoes



Lime



Garlic Clove



Avocado



Sweetcorn



Kidney Beans



Chorizo



Mexican Spice



Finely Chopped Tomatoes with Onion and Garlic



Beef Stock Powder



Soured Cream



Cheddar Cheese



Feta Cheese



Soft Shell Taco



Grated Hard Italian Style Cheese

Before you start

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

Cooking tools, you will need:

Garlic Press, Colander, Bowl, Frying Pan, Wooden Spoon, Grater, Baking Tray, Spatula

Ingredients

	2P	3P	4P
Spring Onion**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Lime**	1	1	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Avocado**	1	1½	2
Sweetcorn	150g	245g	326g
Kidney Beans	1 carton	1 ½ cartons	2 cartons
Olive Oil*	1 tbsp	1 ½ tbsp	2 tbsp
Chorizo**	120g	180g	240g
Mexican Spice	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1 ½ cartons	2 cartons
Beef Stock Powder	1 sachet	1 ½ sachets	2 sachets
Soured Cream 7)**	150g	225g	300g
Cheddar Cheese 7)**	30g	45g	60g
Feta Cheese 7)**	100g	150g	200g
Soft Shell Taco 13)	6	9	12
Grated Hard Italian Style Cheese 7) 8)**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	909g	100g
Energy (kJ/kcal)	5862 /1401	645 /154
Fat (g)	82	9
Sat. Fat (g)	37	4
Carbohydrate (g)	101	11
Sugars (g)	25	3
Protein (g)	58	6
Salt (g)	9.28	1.02

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 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.

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Get Prepped

Preheat your oven to 200°C. Trim and thinly slice the **spring onion**. Halve the **tomatoes**. Zest and halve the **lime**. Peel and grate the **garlic** (or use a garlic press). Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh onto a board. Chop into 2cm chunks.



Soured Cream Time

While the **mixture** cooks, pop the **soured cream** in a small bowl and add the **lime zest**. Season with **salt** and **pepper** and mix together. Set aside. Grate the **Cheddar** and break up the **feta** into small chunks. Lay **1 taco** per person on a large baking tray lined with baking paper. Once the **tomato mixture** is nicely thickened, remove from the heat.



Finish the Prep

Drain the **sweetcorn** in a colander and pop in a small bowl. Drain and rinse the **kidney beans** in a colander, pop half in another bowl and **mash** with a fork until nicely broken up. Put the **spring onion**, **avocado**, **tomatoes** and **half the sweetcorn** in a large bowl. Squeeze in **half the lime juice** and add the **olive oil** (see ingredients for amount). Season with **salt** and **pepper** and mix together, set aside.



Assemble the Stacks

Add a **tablespoon** of the **chorizo mixture** onto each **taco** on the baking tray and spread out with the back of the spoon. Sprinkle over the **Cheddar** and then cover with another **taco**. Repeat with another **tablespoon** of **chorizo mixture** and the **hard Italian style cheese** then top each stack with a third **taco**. Cover with the remaining **chorizo mixture** and spread over a spoonful of **soured cream**. Finish with the **feta** on top.



Start the Sauce

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **chorizo** and stir-fry until starting to brown, 2-3 mins. Stir in the **garlic** and **Mexican spice**, fry until fragrant, 1 minute. Add the **chopped tomatoes**, **kidney beans** (whole and crushed), **beef stock powder** and remaining **sweetcorn**. Season with **salt**, **pepper** and a pinch of **sugar** (if you have some), stir together and bring to the boil. Reduce the heat to medium, simmer until thick, 10-12 mins.



Finish and Serve

Bake in your oven until the **feta** is browned and the edges of the **tacos** golden, 8-10 mins. Once cooked, carefully place the stacks onto plates using a spatula. Serve with the **salsa** spooned on top and a dollop of remaining **soured cream**.

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.