



Lamb Harissa Tacos

with Potato Wedges

CLASSIC 30 Minutes • Medium Spice • 1 of your 5 a day

N° 6



Potato



Lamb Mince



Spring Onion



Cheddar Cheese



Garlic Clove



Baby Gem Lettuce



Black Beans



Harissa Paste



Chicken Stock Powder



Soft Shell Tacos

Before you start

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

Basic cooking tools, you will need:

Two Baking Trays, Frying Pan, Fine Grater (or Garlic Press), Colander, Potato Masher and Measuring Jug.

Ingredients

| | 2P | 3P | 4P |
|----------------------|--------------|--------------|---------------|
| Potato** | 1 small pack | 1 large pack | 2 small packs |
| Lamb Mince** | 200g | 300g | 400g |
| Spring Onion** | 1 | 2 | 2 |
| Cheddar Cheese 7)** | 1 block | 2 blocks | 2 blocks |
| Garlic Clove** | 1 clove | 1 clove | 2 cloves |
| Baby Gem Lettuce** | 1 | 2 | 2 |
| Black Beans | 1 carton | 1½ cartons | 2 cartons |
| Harissa Paste | 1 sachet | 1½ sachets | 2 sachets |
| Water for Lamb* | 150ml | 225ml | 300ml |
| Chicken Stock Powder | 1 sachet | 2 sachets | 2 sachets |
| Soft Shell Tacos 13) | 4 | 6 | 8 |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 682g | 100g |
| Energy (kJ/kcal) | 3452/825 | 506/121 |
| Fat (g) | 31 | 5 |
| Sat. Fat (g) | 11 | 2 |
| Carbohydrate (g) | 90 | 13 |
| Sugars (g) | 7 | 1 |
| Protein (g) | 42 | 6 |
| Salt (g) | 2.75 | 0.40 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Roast the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



4. Spice it up!

Lower the heat to medium and add the **harissa paste** and **garlic** to the **lamb**. Cook, stirring continuously until fragrant, 1 minute. Pour in the **water** (see ingredients for amount) and **chicken stock powder**. Stir together and bring to boil, stirring, and then reduce the heat to low.



2. Fry the Lamb

Heat a frying pan over medium high heat (no oil). When hot, add the **lamb mince** and cook until browned, 5-6 mins. Break the **meat** up with a wooden spoon as it cooks. Drain off any excess **oil**. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



5. Thicken it up

Add all of the **black beans** (both whole and crushed) into the **lamb mixture** and stir together. **TIP:** This will help the sauce thicken. Simmer for 7-8 mins, stirring occasionally until thickened. Add a tablespoon of water if it's a bit dry. **TIP:** The mixture needs to be thick enough to spoon into the tacos without it running out. When the wedges and the lamb are nearly ready pop the **tacos** into the oven to warm through for 2-3 mins.



3. Prep Time

Meanwhile, trim the **spring onion** and thinly slice. Grate the **Cheddar** on the coarse side of your grater. Peel and grate the **garlic** (or use a garlic press). Remove the root from the **baby gem**, halve lengthways and thinly slice. Drain and rinse the **black beans** in a colander. Pop **half** of them in a medium bowl and roughly mash with a fork or potato masher.



6. Serve

When the **tacos** are warm transfer them to a board. Divide the **lamb mixture** evenly between each. Top with the **lettuce**, sprinkle on the **cheese** and **spring onion**. Pop onto your plates ready to roll up and eat. Share the **wedges** equally between each plate. Dig in and...

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.