



Tex-Mex Style Beef and Bean Tacos

with Cheese and Zesty Salad

Rapid 20 Minutes • Medium Spice • 1 of your 5 a day

13



-  Mature Cheddar Cheese
-  Garlic Clove
-  Medium Tomato
-  Baby Gem Lettuce
-  Kidney Beans
-  Beef Mince
-  Tomato Puree
-  Cajun Spice Mix
-  Beef Stock Paste
-  Cider Vinegar
-  Plain Taco Tortilla

Before you start

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

Cooking tools, you will need:

Grater, Garlic Press, Sieve, Bowl, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Mature Cheddar Cheese** 7)	60g	90g	120g
Garlic Clove**	1	2	2
Medium Tomato	1	2	2
Baby Gem Lettuce**	1	2	2
Kidney Beans	1 carton	1½ cartons	2 cartons
Beef Mince**	240g	360g	480g
Tomato Puree	1 sachet	2 sachets	2 sachets
Cajun Spice Mix	1 sachet	2 sachets	2 sachets
Water for the Beef*	75ml	100ml	150ml
Beef Stock Paste	10g	15g	20g
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Sugar*	¼ tsp	¼ tsp	¼ tsp
Plain Taco Tortilla 13)	6	9	12

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	491g	100g
Energy (kJ/kcal)	3624/866	738/176
Fat (g)	43	9
Sat. Fat (g)	19	4
Carbohydrate (g)	68	14
Sugars (g)	6	1
Protein (g)	49	10
Salt (g)	2.98	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

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

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Get Prepped

- Preheat your oven to 200°C.
- Grate the **cheese**. Peel and grate the **garlic** (or use a garlic press). Chop the **tomatoes** into 1cm pieces.
- Trim the **baby gem**, halve lengthways then thinly slice.
- Drain and rinse the **kidney beans** in a sieve. Pop **half** of the **kidney beans** into a bowl and mash with a fork until broken up.



Bring on the Beans

- Pour in the **water for the beef** (see ingredients for amount) and add the **beef stock paste**.
- Add the **kidney beans** (whole and mashed). Stir until everything is evenly mixed and the **sauce** thickens.
- Season with **salt** and **pepper**. **TIP:** Add a splash more water if dry. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Brown the Mince

- Pop a frying pan on medium-high heat (no oil).
- When the pan is hot, add the **beef mince** and cook until browned, 5-6 mins.
- Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands after handling raw mince.



Make the Salad

- Meanwhile, pour the **cider vinegar**, **olive oil for the dressing** and **sugar** into a medium bowl (see ingredients for both amounts).
- Season with **salt** and **pepper**, then mix together until combined. Add the **lettuce** and **tomato** to the **dressing** and toss to combine.
- Pop the **tortillas** on the top shelf of your oven to warm through, 2-3 mins.



Add the Flavour

- Reduce the heat to medium and add the **garlic**, **tomato puree** and **Cajun spice mix** to the **beef** (add less if you don't like heat).
- Stir to combine, then cook until fragrant, 1-2 mins.



Assemble the Tacos

- Taste the **beef and bean mix** and season with **salt** and **pepper** if needed.
- Divide the **tortillas** between your plates (3 per person) and top with spoonfuls of the **beef and bean mix**.
- Sprinkle over the **cheese**.
- Finish with a sprinkle of **salad**, then serve any remaining **salad** alongside. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

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.