



Tex-Mex Style Tacos

with Cheese and Zesty Salad

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

13



Cheddar Cheese



Garlic Clove



Medium Tomato



Baby Gem Lettuce



Lime



Kidney Beans



Beef Mince



Tomato Puree



Cajun Spice Mix



Beef Stock Paste



Tortilla

Before you start

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

Cooking tools, you will need:

Grater, Garlic Press, Zester, Colander, Bowl, Frying Pan, Measuring Jug and Baking Tray.

Ingredients

	2P	3P	4P
Cheddar Cheese** 7)	60g	90g	120g
Garlic Clove**	1	2	2
Medium Tomato	1	2	2
Baby Gem Lettuce**	1	2	2
Lime**	½	1	1
Kidney Beans	½ carton	1 carton	1 carton
Beef Mince**	240g	360g	480g
Tomato Puree	1 sachet	2 sachets	2 sachets
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Water for the Beef*	75ml	100ml	150ml
Beef Stock Paste	10g	15g	20g
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Sugar*	¼ tsp	½ tsp	½ tsp
Tortilla 13)	6	9	12

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	448g	100g
Energy (kJ/kcal)	3457 /826	772 /184
Fat (g)	43	10
Sat. Fat (g)	19	4
Carbohydrate (g)	66	15
Sugars (g)	6	1
Protein (g)	43	10
Salt (g)	2.73	0.61

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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Get Prepped

a) 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.

b) Trim the **baby gem**, halve lengthways and thinly slice. Zest and halve the **lime**.

c) Drain and rinse the **kidney beans** in a colander (see ingredients for amount). Pop **half** of the **kidney beans** into a bowl and mash with a fork until broken up.



Brown the Mince

a) Heat a frying pan on medium-high heat (no oil).

b) 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.



Add the Flavour

a) 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).

b) Stir to combine, then cook until fragrant, 1-2 mins.



Add the Beans

a) Pour in the **water for the beef** (see ingredients for amount) and add the **beef stock paste**.

b) Add the **kidney beans** (whole and mashed). Stir until everything is evenly mixed and the sauce thickens.

c) 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.



Make the Salad

a) Meanwhile, put the **olive oil for the dressing** and **sugar** into a medium bowl (see ingredients for both amounts).

b) Season with **salt** and **pepper** and squeeze in the **lime juice**. Mix together until combined. Add the **lettuce** and **tomato** to the **dressing** and toss to combine.

c) Meanwhile, pop the **tortillas** on the top shelf of your oven to warm through for 2-3 mins.



Assemble the Tacos

a) Taste the **beef filling** and add **salt** and **pepper** if needed.

b) Add spoonfuls of **beef filling** to each **tortilla**, then sprinkle over the **cheese** and **lime zest**.

c) Top with the **salad**.

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.