



Tex-Mex Tacos

with Baby Gem and Cheese

Classic 20 Minutes • Little Spice

10



Cheddar Cheese



Garlic Clove



Baby Gem Lettuce



Lime



Kidney Beans



Beef Mince



Tomato Puree



Cajun Spice



Beef Stock Powder



Soft Shell Taco

Before you start

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

Cooking tools, you will need:

Fine Grater, Measuring Jug, Colander, Bowl, Frying Pan, Wooden Spoon, Plate.

Ingredients

	2P	3P	4P
Cheddar Cheese 7)**	60g	90g	120g
Garlic Clove	1	2	2
Baby Gem Lettuce**	1	2	2
Lime**	½	1	1
Kidney Beans	380g	570g	760g
Beef Mince**	240g	360g	480g
Tomato Puree	1 sachet	2 sachets	2 sachets
Cajun Spice	1 small pot	1 large pot	1 large pot
Water for the Beef*	75ml	100ml	150ml
Beef Stock Powder	1 sachet	2 sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Dressing*	¼ tsp	¼ tsp	¼ tsp
Soft Shell Taco 13)	6	9	12

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	458g	100g
Energy (kJ/kcal)	3491 / 834	83 / 20
Fat (g)	37	1
Sat. Fat (g)	17	1
Carbohydrate (g)	70	2
Sugars (g)	8	1
Protein (g)	47	1
Salt (g)	2.92	0.07

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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Packed in the UK

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Get Prepped

a) Preheat your oven to 200°C. Grate the **Cheddar**. Peel and grate the **garlic** (or use a **garlic** press).

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

c) Drain and rinse the **kidney beans** in a colander. Pop **half** the **kidney beans** in 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 wooden spoon to break it up as it cooks. Drain the excess fat out.

IMPORTANT: The mince is cooked when it is no longer pink in the middle.



Add the Flavour

a) Reduce the heat to medium and add the **garlic**, **tomato puree** and **Cajun spice** to the **beef** - add less spice 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** (see ingredients for amount) and add the **beef stock powder**. Add the **kidney beans** (whole and mashed).

b) Stir until everything is evenly mixed and the **sauce** thickens. Season with **salt** and **pepper**.

Tip: Add a splash more water if dry.



Make the Salad

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

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

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



Finish and Serve

a) Taste the **beef mixture** and add **salt** and **pepper** if you feel it needs it.

b) Serve the **tacos** with a spoonful of **beef** on top. Sprinkle over the **cheese** and **lime zest**. Add the **lettuce** to the **tacos** too.

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.