

Tex-Mex Style Tacos with Zesty Salad and Cheese

Rapid

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







Cheddar Cheese







Medium Tomato

Baby Gem Lettuce





Kidney Beans







Tomato Puree



Cajun Spice



Beef Stock Paste



Soft Shell Taco

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Grater, Garlic Press, Zester, Colander, Bowl, Frying Pan. Wooden Spoon, Measuring Jug, Plate.

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**	1/2	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	1 sachet	1 sachet	2 sachets	
Water for Beef*	75ml	100ml	150ml	
Beef Stock Paste	10g	15g	20g	
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp	
Sugar*	1/4 tsp	½ tsp	½ tsp	
Soft Shell Taco 13)	6	9	12	
*No. L. J. J. J. **CL to the Fitter				

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	361g	100g
Energy (kJ/kcal)	2392 /572	665 /157
Fat (g)	35	10
Sat. Fat (g)	16	4
Carbohydrate (g)	22	6
Sugars (g)	6	2
Protein (g)	40	11
Salt (g)	2.19	0.60

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

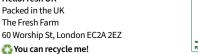
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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ





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 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 (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.
- c) Use a wooden spoon to break it up as it cooks. Drain the excess fat out. 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 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 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 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.
- c) Sprinkle over the cheese and lime zest. Add the salad.
- d) Serve and devour.

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.