



# Tex-Mex Style Tacos

with Zesty Salad and Cheese

**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



Beef Stock Paste



Soft Shell Taco

## 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, 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**                      | 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                 | 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*                      | ¼ tsp    | ½ tsp     | ½ tsp     |
| Soft Shell Taco 13)         | 6        | 9         | 12        |

\*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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## 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.



## 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.



## 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.



## 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.



## 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.



## 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.