



Ultimate Tex-Mex Style Chipotle Beef Tacos

with Wedges, Avocado Salsa, Cheese and Soured Cream

35

Ultimate 35-45 Minutes • 1 of your 5 a day



Potatoes



Garlic Clove



Beef Mince



Tomato Puree



Chicken Stock Paste



Chipotle Paste



Baby Plum Tomatoes



Mature Cheddar Cheese



Avocado



Plain Taco Tortilla



Soured Cream

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, baking paper, garlic press, frying pan and bowl.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------|----------|------------|-----------|
| Potatoes | 450g | 700g | 900g |
| Garlic Clove** | 2 | 2 | 3 |
| Beef Mince** | 360g | 480g | 720g |
| Tomato Puree | 1 sachet | 1½ sachets | 2 sachets |
| Chicken Stock Paste | 10g | 15g | 20g |
| Chipotle Paste | 1 sachet | 1½ sachets | 2 sachets |
| Baby Plum Tomatoes | 125g | 190g | 250g |
| Mature Cheddar Cheese** 7) | 60g | 90g | 120g |
| Avocado | 1 | 1½ | 2 |
| Plain Taco Tortilla 13) | 6 | 9 | 12 |
| Soured Cream** 7) | 75g | 150g | 150g |
| Pantry | 2P | 3P | 4P |
| Olive Oil for the Salsa* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Water for the Sauce* | 150ml | 225ml | 300ml |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 742g | 100g |
| Energy (kJ/kcal) | 5355/1280 | 722/173 |
| Fat (g) | 72.7 | 9.8 |
| Sat. Fat (g) | 29.6 | 4.0 |
| Carbohydrate (g) | 97.6 | 13.2 |
| Sugars (g) | 12.1 | 1.6 |
| Protein (g) | 59.4 | 8.0 |
| Salt (g) | 3.35 | 0.45 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Chop and Grate

Meanwhile, halve the **baby plum tomatoes**, then pop them into a medium bowl with the **olive oil for the salsa** (see ingredients for amount).

Season with **salt** and **pepper**, mix together, then set aside.

Grate the **cheese**.



Fry the Mince

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Heat a large frying pan on medium-high heat (no oil). Once hot, add the **beef mince** and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

IMPORTANT: Wash your hands and equipment after handling raw mince.

Add the **garlic** and stir-fry for 1 min more. Season with **salt** and **pepper**.



Avocado Salsa Time

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh onto a board, then chop into 1cm chunks.

Add the **chopped avocado** to the bowl of **tomatoes** and toss to coat.

Just before you are ready to serve, pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins.



Add the Flavour

Stir in the **tomato puree**, **water for the sauce** (see ingredients for amount), **chicken stock paste** and **chipotle paste** (use less if you don't like too much heat).

Bring to the boil, then reduce the heat and simmer until the **sauce** has thickened, 10-12 mins, stirring occasionally. Add a splash of **water** if it gets too thick. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Assemble your Tacos

When everything is ready, lay the **tortillas** onto your plates (3 per person).

Top with spoonfuls of the **beef mince** and **avocado salsa** - as much as you'd like. Sprinkle on the **cheese** and finish with a dollop of **soured cream**.

Serve up your **ultimate Tex-Mex style tacos** with the **wedges** alongside.

Enjoy!