



# SOFT SHELL BEEF & CHEDDAR TACOS

with Healthy Mexican Slaw



Master a healthy slaw



Red Cabbage



Carrot



Coriander



Greek Yoghurt



Cheddar Cheese



Beef Mince



Mild Mexican Spice Blend



Mini Flour Tortillas

*Pantry Staples*



Olive Oil



Hands-on: 20 mins

Ready in: 25 mins

The secret to our colourful, healthy beef tacos is all in the slaw. Substituting Greek yoghurt for mayonnaise lends a great tangy zestiness, and means you can chomp down on these tasty delights guilt free.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, box grater, large bowl, spoon, medium frying pan, wooden spoon, plate** and a **microwave** or **sandwich press**



### 1 GET PREPPED

Finely slice the **red cabbage**. Grate the **carrot** (unpeeled). Pick the **coriander** leaves and set the **stalks** aside to use later. **TIP:** The coriander stalks have just as much flavour as the leaves!



### 2 MAKE THE SLAW

Place the **red cabbage, carrot** and **1/2** of the **coriander leaves** in a large bowl. Add the **Greek yoghurt** and a **drizzle of olive oil** and stir to combine. Add a **pinch of salt** and **pepper** and taste your slaw. If you can't taste all the flavours add a little more salt and pepper until you can.



### 3 CONTINUE PREPPING

Finely chop the **coriander stalks**. Grate the **Cheddar cheese**.



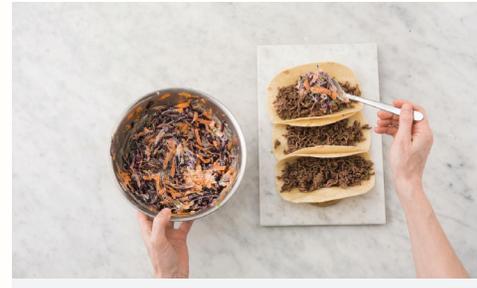
### 4 COOK THE BEEF MINCE

Add a **drizzle of olive oil** to a medium frying pan over a medium-high heat. Cook the **beef mince** for **4-5 minutes**, breaking it up with a wooden spoon, until browned and cooked through. Add the **mild Mexican spice blend** and the **coriander stalks** and cook for **1 minute**, or until fragrant.



### 5 HEAT THE TORTILLAS

While the beef mince is cooking, heat the **mini flour tortillas** in the microwave (on a plate) or in a sandwich press for a **few seconds** to warm through.



### 6 SERVE UP

Divide the warm tortillas between plates and top with the beef mince, Mexican slaw, grated Cheddar and the remaining coriander leaves.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red cabbage	1 portion	2 portions
carrot	1	2
coriander 🌿	½ bunch	1 bunches
Greek yoghurt	1 tub (100 g)	2 tubs (200 g)
Cheddar cheese	1 block (50 g)	2 blocks (100 g)
beef mince	1 packet	2 packets
mild Mexican Spice Blend	1 sachet (1 tbs)	2 sachets (2 tbs)
mini flour tortillas	6	12

\*Pantry Items | 🌿 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3100kJ (741Cal)	652kJ (156Cal)
Protein (g)	44.9g	9.4g
Fat, total (g)	35.8g	7.5g
- saturated (g)	12.7g	2.7g
Carbohydrate (g)	53.8g	11.3g
- sugars (g)	11.3g	2.4g
Sodium (g)	697mg	146mg

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