



CLASSIC TEX-MEX BEEF TACOS

with Sour Cream & Cheese



Cook a speedy
Mexican beef taco



Tomato



Coriander



Brown Onion



Garlic



Cos Lettuce



Carrot



Cheddar Cheese



Beef Mince



Tex-Mex Spice Blend



Tomato Paste



Mini Flour Tortillas



Sour Cream

Hands-on: **25 mins**
Ready in: **30 mins**

Time for Throwback Taco Thursday! Or Tuesday, or any day really! These taste just like the classic tacos of the past, just with soft flour tortillas for a twist.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan**



1 GET PREPPED

Finely chop the **tomatoes**. Roughly chop the **coriander**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Shred the **cos lettuce**. Grate the **carrot** (unpeeled). Grate the **Cheddar cheese**.



2 MAKE THE SALSA

In a medium bowl, combine the **tomato** and **coriander**. Season with **salt** and **pepper**, **drizzle** with **olive oil** and toss to combine.



3 COOK THE VEGGIES AND BEEF

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **brown onion** and **carrot** and cook for **3-4 minutes** or until softened. Add the **garlic** and cook for **1 minute**, or until fragrant. Add the **beef mince** and cook, breaking up with a wooden spoon, for **4-5 minutes** or until browned.



4 FINISH THE BEEF

Reduce the heat to medium and add the **Tex-Mex spice blend**, **salt** and **tomato paste** to the beef and cook, stirring, for **1-2 minutes**, or until fragrant. Add the **water** and simmer for **2 minutes** or until thickened.



5 HEAT THE TORTILLAS

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second** bursts, or until warmed through.



6 SERVE UP

Take everything to the table. Build your tacos by spreading a layer of **sour cream** on the base of a tortilla. Top with the cos lettuce, Tex-Mex beef, Cheddar cheese and tomato salsa.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
<i>olive oil*</i>	refer to method
tomato	2
coriander	1 bunch
brown onion	1
garlic	3 cloves
cos lettuce	1
carrot	1
Cheddar cheese	1 block (100 g)
beef mince	1 packet
Tex-Mex spice blend	2 sachets
<i>salt*</i>	½ tsp
tomato paste	1 sachet
<i>water*</i>	½ cup
mini flour tortillas	12
sour cream	1 tub (200 ml)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3130kJ (712Cal)	668kJ (160Cal)
Protein (g)	47.7g	10.2g
Fat, total (g)	36.5g	7.8g
- saturated (g)	16.8g	3.6g
Carbohydrate (g)	52.8g	11.3g
- sugars (g)	9.3g	2.0g
Sodium (g)	1290mg	275mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
Hello@HelloFresh.co.nz

2019 | WK1

