



# Mexican Pulled Beef Bowl

with Charred Corn Salsa & Cheesy Tortillas Chips

Grab your Meal Kit with this symbol



Mini Flour Tortillas



Red Onion



Garlic



Sweetcorn



Carrot



Shredded Cheddar Cheese



Tomato Paste



Mexican Fiesta Spice Blend



Beef-Style Stock Powder



Pulled Beef



Tomato



Coriander

Hands-on: **30-40** mins  
Ready in: **35-45** mins

Spicy (Mexican Fiesta spice blend)

Gather round for another sensational night of pulled meats! On today's menu; pulled beef cooked up in a richly spiced sauce and paired with homemade cheesy nacho chips ready to satisfy all your crunchin' needs. Dig in and enjoy the show of flavours.

*Our pulled beef is gently cooked while vacuum-sealed (or sous vide as the French say). The meat may look pale, but it's packed with flavour and moisture!*

## Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Large frying pan · Oven tray lined with baking paper

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mini flour tortillas	6	12
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
sweetcorn	1 tin	2 tins
carrot	1	2
vinegar* (white wine or rice wine)	¼ cup	½ cup
water* (for the pickle)	¼ cup	½ cup
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
butter*	20g	40g
tomato paste	1 packet	2 packets
Mexican Fiesta spice blend	1 sachet	1 sachet
water* (for the beef)	½ cup	1 cup
beef-style stock powder	1 sachet	1 sachet
pulled beef	1 packet	1 packet
tomato	1	2
coriander	1 bunch	1 bunch

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3150kJ (754Cal)	555kJ (133Cal)
Protein (g)	37.3g	6.6g
Fat, total (g)	31.7g	5.6g
- saturated (g)	14.5g	2.6g
Carbohydrate (g)	71.3g	12.6g
- sugars (g)	16.0g	2.8g
Sodium (mg)	2220mg	390mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Cut the **mini flour tortillas** into quarters. Slice the **red onion** in half. Thinly slice **1/2** the **onion**, then finely chop the **remaining onion**. Finely chop the **garlic**. Drain the **sweetcorn**. Grate the **carrot** (unpeeled). In a small bowl, combine the **vinegar**, **water (for the pickle)** and a **good pinch** of **sugar** and **salt**. Scrunch the sliced **onion** in your hands, then add to the pickling liquid. Stir to coat and set aside until serving.



## 4. Cook the beef

**SPICY!** The **spice blend** is hot, use less if you're sensitive to heat. While the tortilla chips are baking, return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **carrot** and chopped **onion** and cook until softened, **3-4 minutes**. Add the **butter**, **tomato paste**, **Mexican Fiesta spice blend** and **garlic** and cook, stirring, until fragrant, **2 minutes**. Add the **water (for the beef)**, **beef-style stock powder** and **pulled beef** and cook, breaking up with of a spoon, until heated through, **2-3 minutes**. Season to taste with **pepper**.



## 2. Char the corn

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a medium bowl.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.



## 5. Make the salsa

While the beef is cooking, finely chop the **tomato** and **coriander**. Add the **tomato**, **coriander** (reserve some for garnish!), some **onion pickling liquid** (**2 tsp for 2 people / 4 tsp for 4 people**) and a **drizzle** of **olive oil** to the bowl with the charred **corn**. Season to taste. Toss to combine.



## 3. Bake the tortilla chips

While the corn is charring, place the **tortilla** wedges in a single layer on an oven tray lined with baking paper. **Drizzle** (or spray) with **olive oil**, season with **salt** and **pepper** and toss to coat. Sprinkle with the **shredded Cheddar cheese**. Bake until the tortillas are golden and the cheese is melted, **8-10 minutes**.

**TIP:** If the tortilla wedges don't fit in one layer, spread them over two oven trays.



## 6. Serve up

Drain the pickled onion. Divide the Mexican pulled beef between bowls. Top with the charred corn salsa and pickled onion. Garnish with the reserved coriander. Serve with the cheesy tortilla chips.

**Enjoy!**