



OCT
2016

Poblano Beef Tacos

with Sweet Corn and Lime Crema

This dish proves that Mexican food isn't always simple street food. Poblano peppers can have an unpredictable heat intensity, so sneak a taste before you add the entire pepper to your skillet!

Prep
30 min

level 1



Beef Strips



Taco Seasoning



Red Onion



Poblano Pepper



Corn



Lime



Garlic



Corn Tortillas



Sour Cream



Cilantro

Ingredients	2 People	4 People	*Not Included
Beef Strips	1 pkg (285 g)	2 pkg (570 g)	
Taco Seasoning	1 pkg (1 tbsp)	2 pkg (2 tbsp)	
Red Onion, thinly sliced	1 pkg (113 g)	2 pkg (227 g)	
Poblano Pepper, sliced 	1 pkg (113 g)	2 pkg (227 g)	
Corn Kernels	1 pkg ($\frac{2}{3}$ cup)	2 pkg (1 $\frac{1}{3}$ cups)	
Garlic	2 cloves	4 cloves	
Corn Tortillas, 6-inch	4	8	
Sour Cream	1)	2 pkg ($\frac{1}{3}$ cup)	4 pkg ($\frac{2}{3}$ cup)
Cilantro	1 pkg (7 g)	2 pkg (14 g)	
Lime	1	2	
Olive or Canola Oil*			

Ruler

0 in $\frac{1}{4}$ in $\frac{1}{2}$ in $\frac{3}{4}$ in 1 in**Allergens**

1) Milk/Lait

Tools

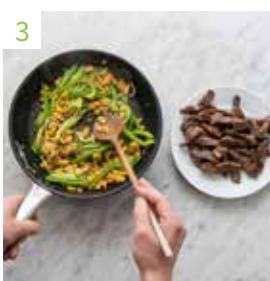
Large pan, Zester, Small bowl

Nutrition per person Calories: 517 cal | Fat: 21 g | Sat. Fat: 8 g | Protein: 42 g | Carbs: 42 g | Sugar: 6 g | Sodium: 398 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep: Wash and dry all produce. Mince the garlic. Zest, then cut the lime into wedges. Roughly chop the cilantro.



2 Cook the beef: Heat a large pan over a medium heat. Add a drizzle of oil, then the beef strips and taco seasoning. Cook until beef is browned, 1-2 min per side. Transfer to a plate and set aside.

3 Cook the veggies: Add another drizzle of oil to the same pan, then the onion and poblano peppers. Cook, stirring occasionally, until veggies are tender-crisp, 4-5 min. Add the corn and garlic, and cook for 2 more min. Return the beef to the pan and cook, stirring, until heated through. Season with salt and pepper.



4 Meanwhile, heat the tortillas in the microwave on a heatproof plate for 30 seconds to warm through. Stir the sour cream with lime zest in a small bowl. Season with salt and pepper.

5 Finish and serve: Fill the tortillas with the beef and vegetable mix. Dollop each with some sour cream, and sprinkle with cilantro. Squeeze some lime juice overtop. Enjoy!

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