



AUG
2016

Smoky Beef Tacos

with Sautéed Peppers, Guacamole, and Crispy Radish

We're giving your typical taco night a little upgrade. Say goodbye to seasoning packets and jarred salsa! Tonight's tacos are full of cumin-scented beef, creamy guacamole, and crisp radish. A little cilantro and lime finishes each taco with a bright touch.



Ground Beef



Flour Tortillas



Avocado



Radishes



Cilantro



Green Onions



Red Bell
Pepper



Cumin



Lime



Sour Cream

Ingredients

Ground Beef		2 pkg (500 g)
Flour Tortillas, 6-in	1)	10
Avocado		1
Radishes, sliced		1 pkg (56 g)
Cilantro		1 pkg (14 g)
Green Onions		2
Red Bell Pepper, sliced		2 pkg (370 g)
Cumin		1 pkg (2 tsp)
Lime		2
Sour Cream	2)	3 pkg (½ cup)
Olive or Canola Oil*		

4 People

*Not Included

Allergens

1) Wheat/Blé

2) Milk/Lait

Tools

Small bowl, Large pan

Ruler

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Nutrition per person Calories: 748 cal | Fat: 39 g | Sat. Fat: 14 g | Protein: 38 g | Carbs: 55 g | Sugar: 5 g | Sodium: 545 mg | Fiber: 7 g

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

1



1 Prep: Wash and dry all produce. Thinly slice the **green onions**, keeping the **greens** and **whites** and separate. Finely chop the **cilantro**. Cut the **limes** into wedges.

2



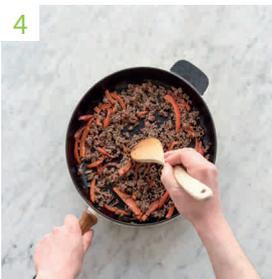
2 Make the guacamole: Halve and pit the **avocado**, then scoop the flesh into a small bowl. Stir in the **green onion greens**, **half the cilantro**, and a squeeze of **lime juice**. Mash with a fork until smooth. Season to taste with **salt** and **pepper**. Add more **lime juice**, if desired.

3



3 Cook the peppers and green onions: Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **bell peppers** and **green onion whites**. Cook, stirring occasionally, until softened and slightly charred, 5-6 min.

4



4 Cook the beef: Add the **ground beef** and **cumin** to the pan and cook, breaking up the meat into pieces, until browned and cooked through, 4-5 min. Season with **salt** and **pepper**. Finish with a squeeze of **lime juice** to taste.

5 Warm the tortillas: Wrap the tortillas in paper towels and microwave for 30 secs to 1 min to warm them up.

6 Finish and serve: Spread each **tortilla** with a bit of **guacamole**, then top with the **beef mixture**, **radish slices** and the remaining **cilantro**. Serve with any remaining **lime wedges** and **sour cream** for dolloping on top. Enjoy!

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