



TEX-MEX BEEF MEATBALL & CHARRED CORN TACOS

with Cheddar Cheese & Sour Cream



Try a twist on the traditional Mexican beef taco



Cos Lettuce



Tomato



Lemon



Garlic



Sweetcorn



Beef Mince



Fine Breadcrumbs



Tex-Mex Spice Blend



Crushed & Sieved Tomatoes



Mini Flour Tortillas



Shredded Cheddar Cheese



Sour Cream

Hands-on: 25 mins
Ready in: 35 mins

This twist on a traditional Mexican beef taco uses homemade meatballs to keep the meat juicy and tender, while our easy charred corn adds a delicious sweetness to top it off. There's an array of toppings as well, because what's a good taco without fresh veggies, sour cream and cheese?

Pantry Staples: Olive Oil, Eggs

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

Shred the **cos lettuce**. Roughly chop the **tomato**. Cut the **lemon** into wedges. Finely chop the **garlic** (or use a garlic press). Drain **sweetcorn** (see ingredients list).



2 MAKE THE MEATBALLS

In a medium bowl, add the **beef mince**, **garlic**, **eggs**, **fine breadcrumbs**, **Tex-Mex spice blend** and the **salt**. Mix to combine well, then using damp hands, take heaped spoonfuls of the mixture and form into meatballs. You should get 24 meatballs in total.



3 CHAR THE CORN

Heat a large frying pan over a high heat. Add the **corn** kernels and cook, tossing, until golden and lightly charred, **5 minutes**. **TIP:** Cover the pan with a lid if the kernels are "popping" out of the pan. Transfer to a medium bowl.



4 COOK THE MEATBALLS

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil** and add the **meatballs**. Cook, turning occasionally, until browned and cooked through, **8-10 minutes**. Reduce the heat to medium if the meatballs are browning too quickly. **TIP:** If your pan is getting crowded, cook in batches for best results! Add **1/2** tin of the **crushed & sieved tomatoes** and the **water** to the pan, stir to combine and cook until heated through, **1 minute**.



5 MAKE THE CORN SALSA

While the meatballs are cooking, to the bowl with the **corn**, add the **tomato** and a **good squeeze** of **lemon** juice. Season with **salt** and **pepper** and stir to combine. Heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through.



6 SERVE UP

Bring everything to the table. Fill the tortillas with the shredded cos lettuce, meatballs, **shredded Cheddar cheese**, **sour cream** and the corn salsa. Serve with the remaining lemon wedges. **TIP:** Cut the meatballs in half for the kids if you like.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
cos lettuce	1 bag
tomato	2
lemon	1
garlic	2 cloves
sweetcorn	½ tin (150g)
beef mince	1 packet
eggs*	2
fine breadcrumbs	1 packet
Tex-Mex spice blend	2 sachets
salt*	¼ tsp
crushed & sieved tomatoes	½ tin (200g)
water*	¼ cup
mini flour tortillas	12
shredded Cheddar cheese	1 packet (100g)
sour cream	2 packets (250g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3570kJ (853Cal)	631kJ (151Cal)
Protein (g)	53.7g	9.5g
Fat, total (g)	41.9g	7.4g
- saturated (g)	19.0g	3.4g
Carbohydrate (g)	19.0g	3.4g
- sugars (g)	12.0g	2.1g
Sodium (g)	1410mg	249mg

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

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2019 | WK38

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