



Tex-Mex Style Beef and Bean Tacos

with Cheese and Rocket Salad

Classic 20 Minutes • Medium Spice

2



Mature Cheddar Cheese



Garlic Clove



Medium Tomato



Red Kidney Beans



Beef Mince



Tomato Puree



Cajun Spice Mix



Beef Stock Paste



Cider Vinegar



Rocket



Plain Taco Tortilla

Pantry Items
Olive Oil, Sugar

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, sieve, bowl, frying pan and baking tray.

Ingredients

	2P	3P	4P
Mature Cheddar Cheese** 7)	60g	90g	120g
Garlic Clove**	1	2	2
Medium Tomato	1	2	2
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Beef Mince**	240g	360g	480g
Tomato Puree	1 sachet	2 sachets	2 sachets
Cajun Spice Mix	1 pot	2 pots	2 pots
Water for the Beef*	75ml	100ml	150ml
Beef Stock Paste	10g	15g	20g
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Dressing*	¼ tsp	½ tsp	½ tsp
Rocket**	40g	40g	80g
Plain Taco Tortilla 13)	6	9	12

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	455g	100g
Energy (kJ/kcal)	3518/841	773/185
Fat (g)	40.1	8.8
Sat. Fat (g)	18.0	4.0
Carbohydrate (g)	62.6	13.8
Sugars (g)	8.1	1.8
Protein (g)	48.5	10.7
Salt (g)	3.63	0.80

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Get Prepped

- Preheat your oven to 200°C.
- Grate the **cheese**. Peel and grate the **garlic** (or use a garlic press). Chop the **tomatoes** into 1cm pieces.
- Drain and rinse the **kidney beans** in a sieve. Pop **half the kidney beans** into a bowl and mash with a fork until broken up.



Bring on the Beans

- Pour in the **water for the beef** (see ingredients for amount) and add the **beef stock paste**.
- Add the **kidney beans** (whole and mashed). Stir until everything is evenly mixed and the **sauce** has thickened, 2-3 mins.
- Season with **salt** and **pepper**. **TIP:** Add a splash more water if it's a little dry.



Brown the Mince

- Pop a frying pan on medium-high heat (no oil).
- When the pan is hot, add the **beef mince** and cook until browned, 5-6 mins.
- Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



Make the Salad

- Meanwhile, pour the **cider vinegar**, **olive oil** and **sugar for the dressing** into a medium bowl (see ingredients for both amounts).
- Season with **salt** and **pepper**, then mix together until combined. Add the **rocket** and **tomato** to the **dressing** and toss well.
- Pop the **tortillas** onto a baking tray and into your oven to warm through, 1-2 mins.



Add the Flavour

- Reduce the heat to medium and add the **garlic**, **tomato puree** and **Cajun spice mix** to the **beef** (add less **spice** if you don't like heat).
- Stir to combine, then cook until fragrant, 1-2 mins.



Assemble the Tacos

- Taste the **beef and bean mix** and season with **salt** and **pepper** if needed.
- Divide the **tortillas** between your plates (3 per person) and top with spoonfuls of the **beef and bean mix**.
- Sprinkle over the **cheese**.
- Top with some **salad**, then serve any remaining **salad** alongside. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!