

Tex-Mex Style Beef and Potato Tacos

with Queso Cheese Sauce, Refried Beans and Baby Gem Salad

Street Food 40-50 Minutes • Mild Spice • 2 of your 5 a day



-  Baking Potato
-  Bell Pepper
-  Garlic Clove
-  Baby Plum Tomatoes
-  Baby Gem Lettuce
-  Mature Cheddar Cheese
-  Lime
-  Kidney Beans
-  Chipotle Paste
-  Chicken Stock Paste
-  Creme Fraiche
-  Beef Mince
-  Tomato Puree
-  Mexican Style Spice Mix
-  Plain Taco Tortilla

Pantry Items
Water, Sugar, Olive Oil

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, grater, baking paper, baking tray, sieve, potato masher, saucepan, bowl and frying pan.

Ingredients

| | 2P | 3P | 4P |
|-----------------------------|-----------|------------|-----------|
| Baking Potato** | 1 | 2 | 2 |
| Bell Pepper*** | 1 | 2 | 2 |
| Garlic Clove** | 3 | 5 | 6 |
| Baby Plum Tomatoes | 125g | 250g | 250g |
| Baby Gem Lettuce** | 1 | 1½ | 2 |
| Mature Cheddar Cheese** (7) | 60g | 90g | 120g |
| Lime** | ½ | 1 | 1 |
| Kidney Beans | 1 carton | 1½ cartons | 2 cartons |
| Chipotle Paste | 1 sachet | 1½ sachets | 2 sachets |
| Chicken Stock Paste | 20g | 30g | 40g |
| Water for the Beans* | 75ml | 100ml | 150ml |
| Creme Fraiche** (7) | 75g | 120g | 150g |
| Beef Mince** | 240g | 360g | 480g |
| Tomato Puree | 1 sachet | 1½ sachets | 2 sachets |
| Mexican Style Spice Mix | 2 sachets | 2 sachets | 4 sachets |
| Water for the Beef* | 50ml | 75ml | 100ml |
| Sugar for the Beef* | ½ tsp | 1 tsp | 1 tsp |
| Sugar for the Dressing* | ½ tsp | 1 tsp | 1 tsp |
| Olive Oil for the Dressing* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Plain Taco Tortillas (13) | 4 | 6 | 8 |

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 789g | 100g |
| Energy (kJ/kcal) | 4505/1077 | 571/136 |
| Fat (g) | 55 | 7 |
| Sat. Fat (g) | 26 | 3 |
| Carbohydrate (g) | 89 | 11 |
| Sugars (g) | 16 | 2 |
| Protein (g) | 51 | 6 |
| Salt (g) | 4.18 | 0.53 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

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.

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Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 1cm chunks (no need to peel). Halve the **pepper** and discard the core and seeds. Chop into 1cm chunks. Peel and grate the **garlic** (or use a garlic press). Halve the **baby plum tomatoes**. Trim the **baby gem**, halve lengthways, then thinly slice widthways. Grate the **cheese**. Halve the **lime**.



Mix the Queso Sauce

Clean your saucepan and return to medium-high heat with a drizzle of **oil**. When hot, add **half** the remaining **garlic** and fry for 1 min. Stir in the **creme fraiche**. Bring to the boil, then reduce the heat to low. Stir through the **cheese** until melted, 2-3 mins. Take off the heat and season to taste. **TIP:** Add a splash of water to loosen if needed.



Roast the Veg

Pop the **potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through. When 15 mins remain, add the **pepper** to the tray and return to the oven for the remaining time, 13-15 mins.



Fry the Beef

Heat a drizzle of **oil** in a medium frying pan on medium-high heat. When hot, add the **beef mince** and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Stir in the **tomato puree**, **Mexican style spice mix**, remaining **chicken stock paste** and **garlic**, then the **water** and **sugar for the sauce** (see ingredients for both amounts). Bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins. When cooked, stir through the **roasted veg**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



Make the Refried Beans

Meanwhile, drain and rinse the **kidney beans** in a sieve. Pop **half** the **beans** into a medium saucepan and roughly mash. Stir in the remaining **beans**, **chipotle paste** (add less if you don't like heat), **half** the **chicken stock paste** and a **third** of the **garlic**. Stir in the **water for the beans** (see ingredients for amount), then pop the saucepan on medium-high heat and bring to the boil. Lower the heat slightly and simmer until thickened, 3-4 mins. Season to taste, then transfer to a bowl and cover to keep warm.



Finish and Serve

Just before serving, pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins. Meanwhile, pop the **sugar** and **oil for the dressing** (see ingredients for both amounts) into a large bowl. Add a squeeze of **lime juice**, season to taste, then add the **tomatoes** and **half** the **baby gem**. Toss to coat. To serve, top each **tortilla** with the remaining **baby gem**, spoonfuls of **beef mix** and a drizzle of **queso**. Serve the **tacos** (2 per person) with the **refried beans**, **salad** and any remaining **lime wedges** alongside for squeezing over. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!