

Tex-Mex Veggie Mince Tacos

with Caramelised Onion & Plant-Based Aioli

Grab your Meal Kit with this symbol



Garlic



Carrot



Baby Spinach Leaves



Red Onion



Slaw Mix



Veggie Mince



Tex-Mex Spice Blend



Tomato Paste



Mini Flour Tortillas



Plant-Based Aioli

 Hands-on: **20-30 mins**
Ready in: **25-35 mins**

 Plant Based

Savoury veggie mince and sweet caramelised onions are the stars of this crowd-pleasing meal. Easy and satisfying, the tacos come together in a snap, with lots of plant-based additions for everyone to build their own and join in the fun!

Pantry items

Olive Oil, White Wine Vinegar, Balsamic Vinegar, Brown Sugar, Plant-Based Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
red onion	1 (medium)	1 (large)
slaw mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
balsamic vinegar*	1 tbs	2 tbs
water* (for the onion)	½ tbs	1 tbs
brown sugar* (for the onion)	1 tsp	2 tsp
veggie mince	½ packet	1 packet
Tex-Mex spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
water* (for the sauce)	¼ cup	½ cup
brown sugar* (for the sauce)	1 tsp	2 tsp
plant-based butter*	20g	40g
mini flour tortillas	8	16
plant-based aioli	1 packet (100g)	2 packets (200g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3511kJ (839Cal)	637kJ (152Cal)
Protein (g)	27.5g	5g
Fat, total (g)	37g	6.7g
- saturated (g)	12.1g	2.2g
Carbohydrate (g)	91.4g	16.6g
- sugars (g)	28g	5.1g
Sodium (mg)	2273mg	412mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

Finely chop the **garlic**. Grate the **carrot**. Roughly chop the **baby spinach leaves**. Thinly slice the **red onion**. In a medium bowl, combine the **baby spinach, slaw mix** and a drizzle of **white wine vinegar** and **olive oil**. Toss to coat and season to taste. Set aside.



Make it saucy

SPICY! The spice blend is mild, use less if you're sensitive to heat. Add the **garlic, Tex-Mex spice blend** and **tomato paste** and cook until fragrant, **1 minute**. Add the **water (for the sauce), brown sugar (for the sauce)** and **plant-based butter** and simmer until slightly reduced, **1-2 minutes**.



Caramelize the onion

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, stirring, until softened, **5-6 minutes**. Reduce the heat to medium. Add the **balsamic vinegar, water (for the onion)** and **brown sugar (for the onion)** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



Heat the tortillas

Microwave the **mini flour tortillas** on a plate for **10 second bursts**, until warmed through.



Cook the veggie mince

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **veggie mince** (see ingredients) and **carrot**, breaking the mince up with a spoon, until just browned, **3-4 minutes**.



Serve up

Bring everything to the table to serve. Top the tortillas with the slaw, veggie mince and caramelised onion. Spoon over the **plant-based aioli**.

Enjoy!