



# Spiced Beef & Hummus Tacos

with Tomato-Cucumber Salsa

Grab your Meal Kit with this symbol



Red Onion



Garlic



Tomato



Cucumber



Parsley



Beef Mince



Chermoula Spice Blend



Tomato Paste



Mini Flour Tortillas



Hummus



Mixed Salad Leaves

Hands-on: 15-25 mins  
Ready in: 20-30 mins

We've given these tacos a little Middle Eastern twist. These eye-catching handheld delights tick all the boxes – saucy mince, crisp veggies, and our secret ingredient, chermoula spice blend, for loads of flavour!

### Pantry items

Olive Oil, White Wine Vinegar, Brown Sugar, 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
red onion	1	2
garlic	2 cloves	4 cloves
tomato	1	2
cucumber	1	2
parsley	1 bag	1 bag
beef mince	1 small packet	1 medium packet
white wine vinegar*	2 tsp	1 tbs
chermoula spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
water* (for the beef)	¼ cup	½ cup
mini flour tortillas	6	12
hummus	1 tub (100g)	1 tub (200g)
mixed salad leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3468kJ (828Cal)	627kJ (149Cal)
Protein (g)	40.3g	7.3g
Fat, total (g)	45g	8.1g
- saturated (g)	13.9g	2.5g
Carbohydrate (g)	59.2g	10.7g
- sugars (g)	16.9g	3.1g
Sodium (mg)	1132mg	205mg

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Thinly slice the **red onion**. Finely chop the **garlic**, **tomato** and **cucumber**. Roughly chop the **parsley** leaves.



## Cook the mince

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Add the **onion** and cook until softened, **3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**.



## Make the tomato salsa

While the beef is cooking, combine the **tomato**, **cucumber** and **parsley** in a medium bowl. Add the **white wine vinegar**, a drizzle of **olive oil** and season with **salt** and **pepper**.



## Make it saucy

Add the **chermoula spice blend**, **tomato paste** and **brown sugar** to the **beef mixture**. Cook, stirring, until fragrant, **1-2 minutes**. Add the **butter** and **water (for the beef)** and simmer until the sauce has thickened, **1-2 minutes**. Season to taste.



## Heat the tortillas

Heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through.



## Serve up

Bring everything to the table to serve. Build your tacos by spreading each tortilla with hummus, then top with **mixed salad leaves**, spiced beef and tomato-cucumber salsa.

Enjoy!