



Turkish-Spiced Beef Tacos

with Hummus & Cucumber Salsa

Grab your Meal Kit with this symbol



Red Onion



Garlic



Tomato



Cucumber



Parsley



Hummus



Beef Mince



Chermoula Spice Blend



Tomato Paste



Mini Flour Tortillas



Mixed Salad Leaves

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

We've given these tacos a little Turkish 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 (medium)	1 (large)
garlic	2 cloves	4 cloves
tomato	1	2
cucumber	1 (medium)	1 (large)
parsley	1 bunch	1 bunch
hummus	1 packet (100g)	1 packet (200g)
water* (for the dressing)	1 tbs	2 tbs
beef mince	1 packet	1 packet
white wine vinegar*	½ tbs	1 tbs
chermoula spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
water* (for the beef)	¼ cup	½ cup
mini flour tortillas	8	16
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3979kJ (951Cal)	729kJ (174Cal)
Protein (g)	46.5g	8.5g
Fat, total (g)	44g	8.1g
- saturated (g)	21.8g	4g
Carbohydrate (g)	72.7g	13.3g
- sugars (g)	17.5g	3.2g
Sodium (mg)	1949mg	357mg

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.



Get prepped

Thinly slice the **red onion**. Finely chop the **garlic**. Finely chop the **tomato** and **cucumber**. Roughly chop the **parsley** leaves. In a small bowl, combine the **hummus** and **water (for the dressing)**. Set aside.



Add the flavour

Add the **chermoula spice blend**, **tomato paste** and **brown sugar** to the **beef**. 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.



Brown the beef 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**.



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.



Make the cucumber salsa

While the beef is browning, combine the **cucumber**, **tomato** and **parsley** in a medium bowl. Add the **white wine vinegar** and a generous drizzle of **olive oil**, then season with **salt** and **pepper**. Toss to coat and set aside.



Serve up

Bring everything to the table to serve. Build your tacos by topping the tortillas with **mixed salad leaves**, the Turkish-spiced beef and cucumber salsa. Dollop with the hummus dressing.

Enjoy!