



hello@hellofresh.com.au | (02) 8188 8722

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## Fearless Lamb Fajitas with Cheese & Fresh Salad

Have no fear, our heroic lamb fajitas are here! Don't let the disguise fool you, these delicious Mexican tortillas are packed full of healthy, crunchy delights. They're whipped up faster than a speeding bullet too, so there's a lot to love. Best served with a sidekick to help you assemble.

 **Prep:** 10 mins  
 **Cook:** 15 mins  
**Total:** 25 mins  
 **high protein**

 **level 1**  
 **spicy**

### Pantry Items



Olive Oil



Red Onion



Garlic



Mexican Spice Mix



Lamb Mince



Carrot



Classic Tortilla Wraps



Gem Lettuce



Tomato



Cheddar Cheese



Coriander

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2P	4P	Ingredients	
2 tsp	1 tbs	olive oil *	
½	1	red onion, finely chopped	⊕
1 clove	2 cloves	garlic, peeled & crushed	⊕
1 tsp	2 tsp	Mexican spice mix (recommended amount)	
300 g	600 g	lamb mince	
1	2	carrot, grated	
4	8	classic tortilla wraps	
1 head	2 heads	gem lettuce, shredded	🌿
1	2	tomato, diced	🌿
1 block	2 blocks	Cheddar cheese, grated	
½ bunch	1 bunch	coriander, leaves picked	⊕

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	3140	Kj
Protein	48.5	g
Fat, total	31.8	g
-saturated	11.5	g
Carbohydrate	61.9	g
-sugars	10.2	g
Sodium	839	mg



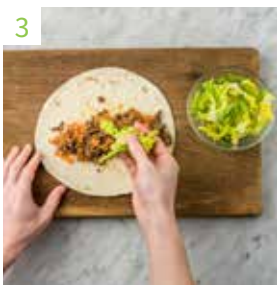
**You will need:** *chef's knife, chopping board, garlic crusher, box grater, aluminium foil, wooden spoon and a medium frying pan.*

**1** Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **3 minutes** or until soft. Add the **garlic** and **Mexican spice mix** and cook, stirring, for **1 minute** or until fragrant. Add the **lamb mince** and cook, breaking up with a wooden spoon, for **4-5 minutes** or until browned. Add the **carrot** and cook, stirring, for **3 minutes** or until softened.



**2** Meanwhile, heat the **classic tortilla wraps** in the microwave or wrap them in foil and place in a **180°C/160°C** fan-forced oven for **5 minutes**.

**3** To serve, fill the tortillas with the lamb mixture, **gem lettuce**, **fresh tomato** and **cheddar cheese**. Garnish with the **coriander leaves**.



**Did you know?** Fajitas come from Tex-Mex cuisine and the first use of the word 'fajita' is as recent as 1971.