



BBQ Tex-Mex Beef & Avocado Tacos

with Cos Salad, Cheddar Cheese & Sour Cream

FAMILY BUNDLE

NEW

KID FRIENDLY

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Baby Cos Lettuce



Tomato



Brown Onion



Avocado



Beef Mince



Tex-Mex Spice Blend



BBQ Sauce



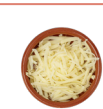
Mini Flour Tortillas



Cheddar Cheese



Light Sour Cream



Cheddar Cheese

Prep in: 15-25 mins
Ready in: 15-25 mins

Cutlery-free meals seem to taste a little yummier and this one is nothing short of tasty. These handheld BBQ Tex-Mex beef and avocado tacos are packed to the brim with flavour and magically bring a Mexicana flair to a light and bright meal.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby cos lettuce	1 head	2 heads
tomato	1	2
brown onion	1	2
avocado	1	2
beef mince	1 medium packet	2 medium packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
BBQ sauce	1 packet	2 packets
mini flour tortillas	6	12
vinegar* (white wine or balsamic)	drizzle	drizzle
Cheddar cheese	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3446kJ (824Cal)	563kJ (135Cal)
Protein (g)	45.2g	7.4g
Fat, total (g)	43.9g	7.2g
- saturated (g)	17.2g	2.8g
Carbohydrate (g)	59.5g	9.7g
- sugars (g)	21.8g	3.6g
Sodium (mg)	1353mg	221mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3790kJ (906Cal)	600kJ (143Cal)
Protein (g)	50.1g	7.9g
Fat, total (g)	51g	8.1g
- saturated (g)	21.5g	3.4g
Carbohydrate (g)	59.7g	9.4g
- sugars (g)	22g	3.5g
Sodium (mg)	1497mg	237mg

The quantities provided above are averages only.

Allergens

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

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

We're here to help!

Scan here if you have any questions or concerns



Prep the veggies

- Roughly chop **baby cos lettuce**.
- Cut **tomato** into thin wedges.
- Thinly slice **brown onion**.
- Slice **avocado** in half, scoop out flesh and thinly slice.



Heat the tortillas

- Meanwhile, microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- In a large bowl, combine **cos lettuce**, **tomato**, **avocado**, a drizzle of **vinegar** and **olive oil**. Season.



Cook the beef

- Heat a large frying pan over high heat. Cook **beef mince** (no need for oil!) and **onion**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **Tex-Mex spice blend** and cook until fragrant, **1 minute**.
- Remove from heat, then stir in **BBQ sauce** and a splash of **water**, until coated. Season with **salt** and **pepper**.



Serve up

- Top each tortilla with some cos salad and BBQ Tex-Mex beef.
- Sprinkle with **Cheddar cheese**. Drizzle over **light sour cream**. Serve with remaining salad. Enjoy!

Custom Recipe: If you've doubled your Cheddar cheese, sprinkle extra cheese over tortillas as above.

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Baked Spiced Apple & Pear Crumble

with Sweet Golden Spice

FAMILY BUNDLE

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Apple



Pear



Sweet Golden Spice Blend



Classic Oat Mix



Prep in: 15-25 mins
Ready in: 15-25 mins

Golden, crumbly and simply delicious, it's no wonder the classic crumble never fails to please. Once you have one bite of this delectable treat, you'll be wanting more!

Pantry items

Brown Sugar, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, double your quantities and cook in batches!

You will need

Medium baking dish · Small saucepan

Ingredients

	4 People
apple	2
pear	2
sweet golden spice blend	1 sachet
brown sugar*	2 tbs
water*	1 tbs
butter*	100g
classic oat mix	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	2399kJ (573Cal)	1138kJ (271Cal)
Protein (g)	6g	2.8g
Fat, total (g)	29.4g	13.9g
- saturated (g)	18g	8.5g
Carbohydrate (g)	66.7g	31.6g
- sugars (g)	35.2g	16.7g
Sodium (mg)	214mg	101mg

The quantities provided above are averages only.

*Nutritional values are based on 4 servings.

Allergens

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

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Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **apple** and **pear** into small chunks.

TIP: For a more traditional crumble, peel the fruit before cutting into chunks.



Bake the crumble

- Sprinkle **crumble mixture** evenly over spiced fruit. Bake until topping is golden and fruit is tender, **20-25 minutes**.

TIP: The fruit is cooked when you can pierce it easily with a fork.



Make the spiced fruit & crumble

- In a medium baking dish, combine **apple**, **pear**, **sweet golden spice blend**, the **brown sugar**, **water** and a pinch of **salt**. Set aside.
- In a small saucepan, melt the **butter** over low heat. Add **classic oat mix** and stir to combine.



Serve up

- Divide baked spiced apple and pear crumble between bowls to serve. Enjoy!

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