



AMERICAN-STYLE BEEF TACOS

with Special Sauce & Cheddar Cheese



Turn cheeseburgers into tacos for a fun family dinner!



Brown Onion



Garlic



Cos Lettuce



Tomato



Carrot



Sesame Seeds



Mayonnaise



Dijon Mustard



All-American Spice Blend



Beef Mince



Mini Flour Tortillas



Shredded Cheddar Cheese

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

Enjoy your fast food with a twist - these clever tacos pack the flavours of a classic cheeseburger into a handheld parcel that will surprise and delight you, right down to the special sauce and toasted sesame seeds that tie the whole meal together!

Pantry Staples: Olive Oil, Sugar, White Wine Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan**



1 GET PREPPED

Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Shred the **cos lettuce**. Cut the **tomato** into 1cm chunks. Grate the **carrot** (unpeeled).



2 TOAST THE SESAME SEEDS

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast until golden, **3-4 minutes**. Transfer to a small bowl.



3 MAKE THE SPECIAL SAUCE

In a second small bowl, combine the **mayonnaise**, **1/2 tub of Dijon mustard**, the **sugar**, **white wine vinegar**, **2 tsp water** and a **pinch of salt and pepper**. **TIP:** Add more mustard if you'd prefer a stronger flavour.



4 COOK THE BEEF MINCE

In the large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **onion** and **carrot** and cook, stirring, until softened, **2-3 minutes**. Add the **beef mince** and cook, breaking up with a wooden spoon, until browned, **3-4 minutes**. Add the **garlic** and **All-American spice blend** and cook until fragrant, **1 minute**. Add a **dash of water**, stir, and remove from the heat. Season to taste with **salt** and **pepper**. **TIP:** If your mince mixture seems dry, add another dash of water if you feel it needs it!



5 HEAT THE TORTILLAS

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



6 SERVE UP

Bring everything to the table to serve. Add a helping of the cos lettuce, tomato, **shredded Cheddar cheese** and top with the beef mince. Drizzle with the special sauce and sprinkle with the toasted sesame seeds. **TIP:** Add a drizzle of tomato sauce if that's how you like it!

TIP: For kids, see our serving suggestions on the main photo!

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
garlic	4 cloves
cos lettuce	1 bag
tomato	2
carrot	1
sesame seeds	1 sachet
mayonnaise	3 tubs (120 g)
Dijon mustard	1/2 tub (20 g)
sugar*	1 tsp
white wine vinegar*	1 tsp
salt*	1/4 tsp
All-American spice blend	2 sachets
beef mince	1 packet
mini flour tortillas	12
shredded Cheddar cheese	1 packet (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3490kJ (833Cal)	695kJ (166Cal)
Protein (g)	47.8g	9.5g
Fat, total (g)	44.7g	8.9g
- saturated (g)	12.3g	2.5g
Carbohydrate (g)	55.8g	11.1g
- sugars (g)	12.4g	2.5g
Sodium (g)	1350mg	269mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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