



# MEXICAN BEEF TACOS

with Cheddar Cheese & Sour Cream



Master perfect  
Mexican beef mince



Carrot



Garlic



Cucumber



Cos Lettuce



Cheddar Cheese



Beef Mince



Taco Spice Blend



Tomato Paste



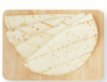
Beef Stock



Coriander



Sour Cream



Mini Flour Tortillas

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

We think the trick to a really amazing beef taco is a little extra TLC when preparing the mince. The added richness from the tomato paste and stock is well worth the extra effort, we promise!

*Pantry Staples: Olive Oil, Water, Salt*

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **box grater**, **garlic crusher**, **chef's knife**, **chopping board**, **large frying pan**, **wooden spoon**, **medium bowl** and **microwave** or **sandwich press**.



### 1 GET PREPPED

Grate the **carrot** (unpeeled). Peel and crush the **garlic**. Finely chop the **cos lettuce**. Dice the **cucumber**. Grate the **Cheddar cheese**.

**TIP:** Drizzle the grater with a little **olive oil** before using to stop the cheese sticking to the grater. Finely chop the **coriander** leaves.



### 2 COOK THE BEEF MINCE

Heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Add the **beef mince** and cook for **4 minutes**, breaking up with a wooden spoon, until browned. Add the **carrot** and cook for **2 minutes**, or until slightly softened. Add the **garlic** and **taco spice blend** and cook for **1 minute**, or until fragrant.



### 3 ADD SAUCE TO THE BEEF

Add the **tomato paste** and **water** (check the ingredients list for the amount) to the beef mince and crumble in the **beef stock** cube. Simmer for **2 minutes**, or until thickened. Add the **salt** (use suggested amount) and a **pinch** of **pepper**. Reduce the heat to low and continue to simmer until ready to serve.



### 4 SEASON THE SOUR CREAM

While the mince is cooking, combine the **sour cream** and a **pinch** of **salt** and **pepper** in a medium bowl. Mix together and set aside.



### 5 HEAT THE TORTILLAS

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10-20 seconds**, or until warmed through.



### 6 SERVE UP

Divide the tortillas between plates and top with the beef mince, Cheddar cheese, cos lettuce and cucumber. Add a dollop of seasoned sour cream and sprinkle over the coriander.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

|                      | 4-5P              |
|----------------------|-------------------|
| olive oil*           | refer to method   |
| carrot               | 1                 |
| garlic               | 2 cloves          |
| cos lettuce          | 1 head            |
| cucumber             | 1                 |
| Cheddar cheese       | 1 block (100 g)   |
| beef mince           | 1 packet          |
| taco spice blend     | 4 sachets (2 tbs) |
| tomato paste         | 1 sachet (2 tbs)  |
| water*               | ½ cup             |
| beef stock           | 1 ½ cubes         |
| salt*                | ¼ tsp             |
| coriander            | 1 bunch           |
| sour cream           | 1 tub (200 ml)    |
| mini flour tortillas | 12                |

\*Pantry Items

| NUTRITION        | PER SERVING     | PER 100G       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2990kJ (715Cal) | 672kJ (161Cal) |
| Protein (g)      | 42.7g           | 9.6g           |
| Fat, total (g)   | 35.5g           | 8.0g           |
| - saturated (g)  | 16.2g           | 3.6g           |
| Carbohydrate (g) | 51.7g           | 11.6g          |
| - sugars (g)     | 8.2g            | 1.8g           |
| Sodium (mg)      | 1030mg          | 232mg          |

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

Hello@HelloFresh.com.au

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