



Tandoori Beef Tacos

with Garlic & Mint Yogurt

Grab your Meal Kit with this symbol



Cucumber



Carrot



Garlic



Mint



Greek Yoghurt



Beef Strips



Tandoori Paste



Mini Flour Tortillas



Mixed Salad Leaves

Hands-on: **10-20** mins
Ready in: **20-30** mins

Spicy (tandoori paste)

Calorie Smart

If you're a fan of the classic flavours of tandoori, wait till you try these handheld delights! The rich flavours of the tandoori sauce are perfectly balanced with the crisp and refreshing mint, while cucumber and carrot gives every bite that extra crunch factor.

Pantry items

Olive Oil, 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
cucumber	1	2
carrot	1	2
garlic	2 cloves	4 cloves
mint	1 bunch	2 bunches
Greek yoghurt	1 packet (100g)	1 packet (200g)
beef strips	1 medium packet	1 large packet
tandoori paste	1 tub (50g)	2 tubs (100g)
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
water*	½ cup	¾ cup
mini flour tortillas	6	12
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2714kJ (648Cal)	555kJ (132Cal)
Protein (g)	48.9g	10g
Fat, total (g)	23.2g	4.7g
- saturated (g)	8.3g	1.7g
Carbohydrate (g)	55.2g	11.3g
- sugars (g)	14.7g	3g
Sodium (mg)	1144mg	234mg

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.



1. Get prepped

Slice the **cucumber** into batons. Grate the **carrot** (unpeeled). Finely chop the **garlic** (or use a garlic press). Pick and finely chop the **mint**.



2. Make the garlic & mint yoghurt

Heat a large frying pan over a high heat with a **drizzle of olive oil** and the **garlic**. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add **1/2 the Greek yogurt**, **1/2 the mint** to the **garlic oil mixture** and stir to combine. Season to taste.



3. Cook the beef

Return the frying pan to a high heat with a **drizzle of olive oil**. Cook the **beef strips** until browned and cooked through, **1-2 minutes**. Transfer to a plate.



4. Make the tandoori sauce

SPICY! *The tandoori paste is hot, use less if you're sensitive to heat.* Return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **carrot** and a **pinch of salt** and **pepper** and cook, stirring, until softened, **2-3 minutes**. Add the **tandoori paste** and cook until fragrant, **1 minute**. Add the **brown sugar**, **butter** and **water** and simmer until slightly thickened, **1-2 minutes**. Return the **beef strips** to the pan and stir until combined, **1 minute**. Remove from the heat and stir through the **remaining Greek yoghurt**.



5. Heat the wraps

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



6. Serve up

Take everything to the table. Build your tacos by topping the tortillas with the mixed salad leaves, tandoori beef, cucumber, garlic and mint yoghurt and the remaining mint.

Enjoy!