

# Mediterranean Beef Tacos

with Garlic Yoghurt

Grab your Meal Kit with this symbol



Garlic



Carrot



Tomato



Greek-Style Yoghurt



Beef Strips



Garlic & Herb Seasoning



Mini Flour Tortillas



Mixed Salad Leaves



Dill & Parsley Mayonnaise

 Hands-on: 15-25 mins  
Ready in: 20-30 mins

There is something so satisfying about bringing together all of these delicious elements for a bit of crafty dinner assemblage. Every mouthful is a kaleidoscope of beef, crisp veggies and garlicky yoghurt. Grab a handful of each colour of the rainbow and start crafting your unique masterpiece!

### Pantry items

Olive Oil, Honey, White Wine Vinegar



## 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
garlic	4 cloves	8 cloves
carrot	1	2
tomato	1	2
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
beef strips	1 medium packet	1 large packet
garlic & herb seasoning	1 sachet	2 sachets
honey*	1 tsp	2 tsp
mini flour tortillas	6	12
mixed salad leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3015kJ (720Cal)	622kJ (148Cal)
Protein (g)	50.4g	10.4g
Fat, total (g)	29.4g	6.1g
- saturated (g)	4.9g	1g
Carbohydrate (g)	59.1g	12.2g
- sugars (g)	17.7g	3.7g
Sodium (mg)	922mg	190mg

## Allergens

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

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



## Get prepped

Finely chop the **garlic**. Grate the **carrot** (unpeeled). Cut the **tomato** into half-moons.



## Make the garlic yoghurt

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



## Cook the beef

In a medium bowl, combine the **garlic & herb seasoning**, **honey**, remaining **garlic** and a drizzle of **olive oil**. Add the **beef strips** and toss to combine. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **beef strips** until browned and cooked through, **1-2 minutes**. Season with **salt** and **pepper**. Transfer to a plate.



## 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.



## Dress the salad

In a medium bowl, combine the **tomato**, **carrot**, **mixed salad leaves**, **white wine vinegar**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.



## Serve up

Take everything to the table. Build your tacos by topping the tortillas with the garlic and herb beef, tomato salad, garlic yoghurt and **dill & parsley mayonnaise**.

Enjoy!