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Mexican Beef Tacos with Skillet Veggies & Sour Cream

This dish proves that Mexican food isn't always simple street food. With luxurious sour cream and skillet veggies perfect for the warmer months, one of our favourite cuisines is definitely sticking around. The key to tender beef strips is not to overcook them. They will be done in a flash!



Prep: 15 mins



Cook: 15 mins



Total: 30 mins



level 1



high protein

Pantry Items



Olive Oil



Beef Strips



Mexican Seasoning



Red Onion



Green Capsicum



Corn



Garlic



Mini Tortillas



Light Sour Cream




Coriander

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2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
1 packet	2 packets	beef strips
½ sachet	1 sachet	Mexican seasoning (recommended amount)
½	1	red onion, finely sliced 
1	2	green capsicum, finely sliced 
1 cob	2 cobs	corn, husked & kernels removed
1 clove	2 cloves	garlic, peeled & crushed 
4	8	mini tortillas
½ tub	1 tub	light sour cream
1 bunch	2 bunches	coriander, leaves picked

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2580	Kj
Protein	42.6	g
Fat, total	29.1	g
-saturated	10.7	g
Carbohydrate	42.5	g
-sugars	7.6	g
Sodium	625	mg



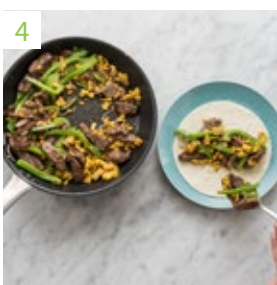
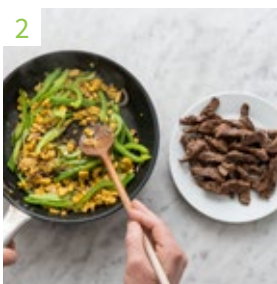
You will need: *chef's knife, chopping board, garlic crusher, medium frying pan, tongs, plate, wooden spoon, heat-proof plate and aluminium foil.*

1 Heat half of the **olive oil** in a medium frying pan over a medium heat. Add the **beef strips** and **Mexican seasoning** and cook for **1-2 minutes**, or until browned. Transfer to a plate and set aside.

2 Add the remaining olive oil, **red onion** and **green capsicum** and cook, stirring, for **3-5 minutes**, or until soft. Add the **corn kernels** and **garlic** and cook, stirring, for **2 minutes**, or until fragrant. Return the beef to the pan and cook, stirring, until heated through and coated in spice.

3 Meanwhile, heat the **mini tortillas** in the microwave on a heatproof plate for **30 seconds** or wrapped in foil in a **180°C/160°C** fan-forced oven for **5 minutes**.

4 To serve, fill the tortillas with the spicy beef and vegetable mix. Dollop with the **light sour cream** and top with **coriander**.



Did you know? “Taquería” is a Spanish word meaning taco shop.