



# MILD HARISSA BEEF TACOS

with Tomato Salsa & Yoghurt Drizzle



Make a Middle Eastern taco



Cherry Tomatoes



Parsley



Red Onion



Garlic



Cos Lettuce Leaves



Greek Yoghurt



Beef Mince



Harissa Paste



Mini Flour Tortillas

Hands-on: 20 mins  
Ready in: 30 mins

Harissa, the chilli-based condiment originating from North Africa varies in heat from mild to fiery. Our version is definitely on the mild side, with a gentle heat plus warming spices. It's the ideal sauce to complement beef, and with a fresh cherry tomato salsa plus a creamy yoghurt drizzle, these tacos are a burst of flavour in every bite!

**Pantry Staples:** Olive Oil, Vinegar (White Wine Or Red Wine)



# 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

Quarter the **cherry tomatoes**. Finely chop the **parsley**. Finely chop the **red onion**. Finely chop the **garlic** (or use a garlic press). Shred the **cos lettuce leaves**.



## 2 MAKE THE TOMATO SALSA

In a small bowl, combine the **cherry tomatoes, parsley** and **1/2 the red onion**. Add the **vinegar, drizzle** with a little **olive oil** and season with **salt** and **pepper**. Stir well and set aside. **TIP:** *If you don't like raw onion, omit it from the salsa and cook it all in step 4.*



## 3 MAKE THE YOGHURT DRIZZLE

In a small bowl, combine the **Greek yoghurt** and the **water**. Season with **salt** and **pepper**.



## 4 COOK THE BEEF

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **remaining red onion** and cook for **2-3 minutes**, or until softened. Add the **beef mince** and cook, breaking up with a wooden spoon, for **4-5 minutes** or until browned. Add the **garlic, harissa paste, the salt** and season with **pepper**. Stir to combine and cook for a further **1-2 minutes** or until fragrant.



## 5 HEAT THE TORTILLAS

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



## 6 SERVE UP

Bring everything to the table. Build your tacos by topping your tortillas with some shredded cos lettuce, harissa beef, tomato salsa and finishing with a yoghurt drizzle.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
cherry tomatoes	1 punnet	2 punnets
parsley	1 bag	1 bag
red onion	1	2
garlic	1 clove	2 cloves
cos lettuce leaves	1 bag (150g)	2 bags (300g)
vinegar* (white wine or red wine)	2 tsp	1 tbs
Greek yoghurt	1 tub (100g)	2 tubs (200g)
water*	1 tbs	2 tbs
beef mince	1 packet (300g)	1 packet (600g)
harissa paste	1 sachet	2 sachets
salt*	½ tsp	1 tsp
mini flour tortillas	6	12

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2620kJ (626Cal)	433kJ (103Cal)
Protein (g)	43.7g	7.2g
Fat, total (g)	21.5g	3.6g
- saturated (g)	7.2g	1.2g
Carbohydrate (g)	58.4g	9.6g
- sugars (g)	13.9g	2.3g
Sodium (g)	1080mg	178mg

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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2019 | WK3

