

MILD HARISSA BEEF TACOS

with Tomato Salsa & Yoghurt Drizzle





Make a Middle Eastern taco





Cherry Tomatoes









Cos Lettuce







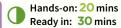


Harissa Paste



Tortillas

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



Harissa, the chilli-based condiment originating from North Africa varies in heat from mild to firey. 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!

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use: large frying pan



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.



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.



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



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.



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.



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!

INGREDIENTS

	7	,
	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 (100 g)	2 tubs (200 g)
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

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