

Quick Tex-Mex Veggie Tacos

with Plant-Based Meat & Corn Salsa



Cherry Tomatoes



Cucumber



Sweetcorn



Plant-Based Slow Braised Meat



Tex-Mex Spice Blend



Mild Chipotle Sauce



Mini Flour Tortillas



Smoky Aioli



Coriander



Plant-Based Aioli

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

Plant Based

You read that right, plant-based, slow-braised 'meat' is on the menu, and we can't wait for you to try it! Team it with mild Tex-Mex spices and chipotle sauce, and be pleasantly surprised.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, 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
cherry tomatoes	1 punnet	2 punnets
cucumber	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
plant-based slow braised meat	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
Tex-Mex spice blend	1 sachet	2 sachets
mild chipotle sauce	1 packet	2 packets
mini flour tortillas	6	12
smokey aioli	1 packet (50g)	1 packet (100g)
coriander	1 bag	1 bag
plant-based aioli**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2937kJ (701Cal)	626kJ (149Cal)
Protein (g)	15.1g	3.2g
Fat, total (g)	35.9g	7.7g
- saturated (g)	9.1g	1.9g
Carbohydrate (g)	74.7g	15.9g
- sugars (g)	16.3g	3.5g
Sodium (mg)	1632mg	348mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2929kJ (700Cal)	624kJ (149Cal)
Protein (g)	15g	3.2g
Fat, total (g)	35.5g	7.6g
- saturated (g)	8.7g	1.9g
Carbohydrate (g)	73.6g	15.7g
- sugars (g)	15.3g	3.3g
Sodium (mg)	1682mg	358mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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1



Get prepped

- Halve **cherry tomatoes**. Slice **cucumber** into thin sticks. Drain **sweetcorn**. Roughly chop **plant-based slow braised meat**.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

TIP: Cover the pan with a lid if the kernels are “popping” out.

3



Make the filling

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook the **plant-based slow braised meat**, stirring, until broken down and slightly browned, **3-5 minutes**.
- Add **Tex-Mex spice blend** and cook until fragrant, **1 minute**.
- Remove from heat, then stir through **mild chipotle sauce**.

2



Toss the salsa

- Add **cherry tomatoes** and a drizzle of **white wine vinegar** and **olive oil** to the **corn**. Season with **salt** and **pepper**. Toss to combine. Set aside.

4



Serve up

- Microwave **mini flour tortillas** on a plate for **10 second** bursts, or until warmed through.
- Build your tacos by spreading **smokey aioli** over the base of each tortilla. Top with plant-based meat, cucumber and corn salsa. Tear over **coriander** to serve.

CUSTOM RECIPE

If you've upgraded to plant-based aioli, spread it over the base of each tortilla, then continue as above.

Enjoy!