



# STREET FOOD STYLE TEX-MEX BEEF TACOS

with Cheddar Cheese



Master tasty Tex-Mex  
tacos at home



Carrot



Garlic



Beef Mince



Taco Spice Blend



Parsley



Cos Lettuce Leaves



Cheddar Cheese



Tomato Paste



Beef Stock



Greek Yoghurt



Mini Flour Tortillas



Long Red Chilli (Optional)

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

Spicy (optional long red chilli)

The ultimate in one-handed summertime food! These tacos, with rich spiced beef mince, parsley-yoghurt and Cheddar are best enjoyed sans plate and cutlery, and with a sprinkling of sunshine. Enjoy!

**Pantry Staples:** Olive Oil, Water, White Wine Vinegar, Honey



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **box grater**, **garlic crusher**, **chef's knife**, **chopping board**, **large frying pan**, **wooden spoon**, **two medium bowls**, **spoon**, **microwave** or **sandwich press** and a **plate**.



### 1 GET PREPPED

Grate the **carrot** (unpeeled). **TIP:** Keep the skin on the carrot to retain its nutrients. Peel and crush the **garlic**. Pick and finely chop the **parsley** leaves (reserve a few leaves for garnish). Finely chop the **cos lettuce leaves**. Grate the **Cheddar cheese**. Finely slice the **long red chilli** (if using).



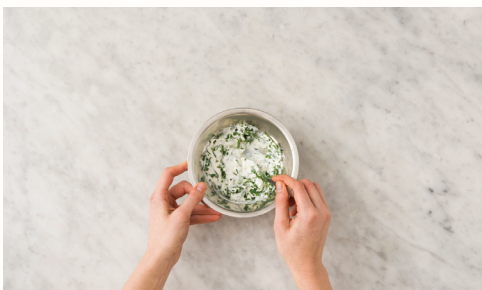
### 2 COOK THE TEX-MEX BEEF

Heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Add the **beef mince** and cook, breaking up with a wooden spoon, for **4-5 minutes**, or until just browned. Add the **carrot** and cook for **2 minutes**, or until slightly softened. Add the **garlic** and **taco spice blend** and cook for **1 minute**, or until fragrant.



### 3 MAKE IT SAUCY

Add the **tomato paste** and **water** (check ingredients list for the amount) to the beef mince and crumble in the **beef stock** cube. Stir to dissolve the stock cube and simmer for **2 minutes**, or until thickened. Reduce the heat to low. Season to taste with a **pinch** of **salt** and **pepper** and cover to keep warm until ready to serve.



### 4 MAKE THE PARSLEY-YOGHURT

In a medium bowl, combine the **parsley**, **Greek yoghurt** and a **dash** of **water** (**1 tbs for 2 people** / **2 tbs for 4 people**). Season to taste with a **pinch** of **salt** and **pepper** and mix well.

In a second medium bowl, combine the **white wine vinegar**, **honey** and **olive oil** (**2 tsp for 2 people** / **1 tbs for 4 people**). Add **1/2** of the **cos lettuce** and toss to coat. **TIP:** Add the lettuce to the dressing just before serving to avoid soggy leaves.



### 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

Fill the tortillas with the undressed cos lettuce, the Tex-Mex beef, Cheddar cheese and a drizzle of parsley yoghurt. Divide the tacos between plates and garnish with the reserved parsley leaves and long red chilli (if using).

**TIP:** Some like it hot but if you don't, just hold back on the chilli. Serve the lettuce salad on the side.

**ENJOY!**

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	1	2
garlic	2 cloves	4 cloves
parsley	1 bunch	1 bunch
cos lettuce leaves	1 bag	1 bag
Cheddar cheese	1 block (50 g)	1 block (100 g)
long red chilli (optional)	1	2
beef mince	1 packet	1 packet
taco spice blend	2 sachets (1 tbs)	4 sachets (2 tbs)
tomato paste	1 sachet (2 tbs)	2 sachets (4 tbs)
water*	½ cup	1 cup
beef stock	1 cube	2 cubes
Greek yoghurt	1 tub (100 g)	1 tub (200 g)
white wine vinegar*	2 tsp	1 tbs
honey*	½ tsp	1 tsp
mini flour tortillas	6	12

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2940kJ (703Cal)	548kJ (131Cal)
Protein (g)	45.1g	8.4g
Fat, total (g)	29.1g	5.4g
- saturated (g)	11.8g	2.2g
Carbohydrate (g)	58.7g	10.9g
- sugars (g)	14.1g	2.6g
Sodium (g)	1240mg	231mg

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

[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

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