

Spiced Beef & Hummus Tacos

with Tomato-Cucumber Salsa

Grab your Meal Kit with this symbol



Red Onion



Garlic



Tomato



Cucumber



Parsley



Beef Mince



Chermoula Spice Blend



Tomato Paste



Mini Flour Tortillas



Hummus



Mixed Salad Leaves

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

We've given these tacos a little Middle Eastern twist. These eye-catching handheld delights tick all the boxes – saucy mince, crisp veggies, and our secret ingredient, chermoula spice blend, for loads of flavour!

Pantry items

Olive Oil, White Wine Vinegar, Brown Sugar, Butter

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
red onion	1	2
garlic	2 cloves	4 cloves
tomato	1	2
cucumber	1	2
parsley	1 bag	1 bag
beef mince	1 small packet	1 medium packet
white wine vinegar*	2 tsp	1 tbs
chermoula spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
water* (for the beef)	¼ cup	½ cup
mini flour tortillas	6	12
hummus	1 tub (100g)	1 tub (200g)
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3468kJ (828Cal)	627kJ (149Cal)
Protein (g)	40.3g	7.3g
Fat, total (g)	45g	8.1g
- saturated (g)	13.9g	2.5g
Carbohydrate (g)	59.2g	10.7g
- sugars (g)	16.9g	3.1g
Sodium (mg)	1132mg	205mg

Allergens

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

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



Get prepped

Thinly slice the **red onion**. Finely chop the **garlic**, **tomato** and **cucumber**. Roughly chop the **parsley** leaves.



Cook the mince

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Add the **onion** and cook until softened, **3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**.



Make the tomato salsa

While the beef is cooking, combine the **tomato**, **cucumber** and **parsley** in a medium bowl. Add the **white wine vinegar**, a drizzle of **olive oil** and season with **salt** and **pepper**.



Make it saucy

Add the **chermoula spice blend**, **tomato paste** and **brown sugar** to the **beef mixture**. Cook, stirring, until fragrant, **1-2 minutes**. Add the **butter** and **water (for the beef)** and simmer until the sauce has thickened, **1-2 minutes**. Season to taste.



Heat the tortillas

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



Serve up

Bring everything to the table to serve. Build your tacos by spreading each tortilla with hummus, then top with **mixed salad leaves**, spiced beef and tomato-cucumber salsa.

Enjoy!