



Mexican Plant-Based Mince & Avocado Tacos

with Slaw & Sweetcorn

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Avocado



Sweetcorn



Plant-Based Mince



Tomato Paste



Tex-Mex Spice Blend



Super Slaw



Mini Flour Tortillas



Plant-Based Mayo



Beef Mince

Prep in: 10-20 mins
Ready in: 10-20 mins



Plant Based*

*Custom Recipe is not Plant Based

That's right it's taco night, our favourite time of the week has come around and oh-boy do we have a taco for you! Pack the tortillas with fresh avo' and creamy plant-based mayo to go with Tex-Mex spiced veggie mince and that's a wrap on taco night.

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

Pantry items

Olive Oil, Brown Sugar, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
avocado	1	1
sweetcorn	1 tin	1 tin
plant-based mince	1 packet	2 packets
tomato paste	1 packet	2 packets
Tex-Mex spice blend	1 sachet	1 sachet
water*	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
super slaw	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
plant-based mayo	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3299kJ (788Cal)	760kJ (182Cal)
Protein (g)	32.7g	7.5g
Fat, total (g)	43.1g	9.9g
- saturated (g)	8g	1.8g
Carbohydrate (g)	58g	13.4g
- sugars (g)	14.1g	3.2g
Sodium (mg)	2092mg	482mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3491kJ (834Cal)	760kJ (182Cal)
Protein (g)	41.2g	9g
Fat, total (g)	47.3g	10.3g
- saturated (g)	14.5g	3.2g
Carbohydrate (g)	51.2g	11.2g
- sugars (g)	12.9g	2.8g
Sodium (mg)	1383mg	301mg

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.

We're here to help!

Scan here if you have any questions or concerns



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Get prepped

- Slice **avocado** in half, scoop out flesh and thinly slice. Drain the **sweetcorn**.



Toss the slaw

- Meanwhile, combine **super slaw** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.



Cook the veggie mince

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **plant-based mince** and **sweetcorn**, breaking up with a spoon, until just browned, **4-5 minutes**.
- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat. Add **tomato paste** and **Tex-Mex spice blend** and cook until fragrant, **1 minute**.
- Add the **water** and **brown sugar** and simmer until slightly reduced, **1-2 minutes**.

Custom Recipe: If you've swapped plant-based mince for beef mince, heat the pan as above. Cook beef mince, breaking up with a spoon, until just browned, 4-5 minutes. Continue as above.



Serve up

- Top tortillas with slaw, Mexican veggie mince and avocado.
- Drizzle over **plant-based mayo** to serve. Enjoy!

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