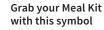


# Mexican Plant-Based Mince & Avocado Tacos

with Slaw & Sweetcorn

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR













Plant-Based Mince

Tomato Paste







Tex-Mex Spice Blend

Super Slaw



Mini Flour



Mayo

Tortillas



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.



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

9				
	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		

<sup>\*</sup>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)	<b>3491kJ</b> (834Cal)	<b>760kJ</b> (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**

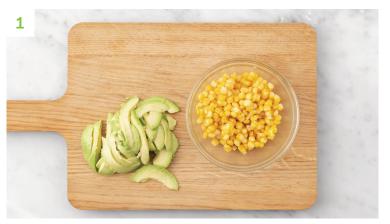
Always read product labels for the most up-to-date allergen information.

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



Scan here if you have any questions or concerns





## 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!