



Carne Asada Beef Rump Tacos & Salsa Verde

with Cos Lettuce & Sour Cream

NEXT-LEVEL TACOS

Grab your Meal Kit with this symbol



Cucumber



Radish



Cos Lettuce



Coriander



Lemon



Beef Rump



Mexican Fiesta Spice Blend



Chilli Flakes (Optional)



Mini Flour Tortillas



Sour Cream



Roasted Tomato Salsa

Prep in: 25-35 mins
Ready in: 30-40 mins

Hit the streets of Mexico with a Mexican-inspired carne asada taco night. Pack these bad boys up with tender beef rump and a tomato salsa. Of course there needs to be a layer of sour cream and a salsa verde to complete the look. Taco night just got festive!

Pantry items

Olive Oil

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
cucumber	1 (medium)	1 (large)
radish	2	4
cos lettuce	½ head	1 head
coriander	1 bag	1 bag
lemon	½	1
beef rump	1 small packet	2 small packets OR 1 large packet
Mexican Fiesta spice blend 🌶️	1 sachet	1 sachet
chilli flakes 🌶️ (optional)	pinch	pinch
mini flour tortillas	6	12
sour cream	1 medium packet	1 large packet
roasted tomato salsa	1 large packet	2 large packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2748kJ (657Cal)	526kJ (126Cal)
Protein (g)	43.8g	8.4g
Fat, total (g)	29.2g	5.6g
- saturated (g)	15.2g	2.9g
Carbohydrate (g)	49.6g	9.5g
- sugars (g)	13.2g	2.5g
Sodium (mg)	1448mg	277mg

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.



Get prepped

- Thinly slice **cucumber** into sticks. Thinly slice **radish**. Thinly shred **cos lettuce** (see ingredients). Finely chop **coriander**. Zest **lemon** to get a pinch, then slice into wedges.
- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season with **salt** and **pepper**.
- SPICY!** This spice blend is hot! Add less if you're sensitive to heat. In a medium bowl, combine **Mexican Fiesta spice blend** and a drizzle of **olive oil**. Add **beef rump** and toss to combine.



Dress the lettuce

- While the beef is resting, combine **cos lettuce**, a generous squeeze of **lemon juice** and a drizzle of **olive oil** in a second large bowl. Season to taste.



Make the salsa verde

- In a large bowl, combine **coriander**, **olive oil** (2 tbs for 2 people / ¼ cup for 4 people), a pinch of **chilli flakes** (if using) and **lemon zest**. Season and set aside.



Warm the tortillas

- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking.
- Transfer to a plate to rest.



Serve up

- Thinly slice beef rump and toss in the bowl with the salsa verde.
- Bring everything to the table to serve.
- Build your tacos by spreading tortillas with some **sour cream**, then topping with cos lettuce, cucumber, radish and beef rump.
- Top with **roasted tomato salsa**. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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