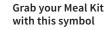


Mexican Plant-Based Mince & Avocado Tacos

with Slaw & Sweetcorn

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR











Plant-Based Mince



Tomato Paste





Tex-Mex Spice Blend







Mayo

Mini Flour 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.

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
shredded cabbage mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
plant-based mayo	1 medium packet	2 medium packets
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.

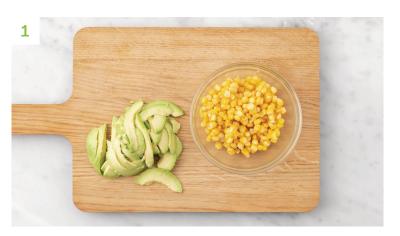
Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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 shredded cabbage mix 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 with sweetcorn, breaking up with a spoon, until just browned, 4-5 minutes. Drain the oil from the pan and continue as above.



Serve up

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