



# 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



Shredded Cabbage Mix



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
<b>olive oil*</b>	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
<b>water*</b>	½ cup	1 cup
<b>brown sugar*</b>	1 tsp	2 tsp
shredded cabbage mix	1 bag (150g)	1 bag (300g)
<b>white wine vinegar*</b>	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](https://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 **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!

## Rate your recipe

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