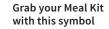


# Quick Hearty Mexican Beef & Pork Tacos with Avocado Salsa & Yoghurt

KID FRIENDLY











Beef & Pork



Mince



Spice Blend





**Baby Spinach** Leaves

Enchilada Sauce



Mini Flour



Tortillas

Shredded Cabbage



Greek-Style Yoghurt





Prep in: 15-25 mins Ready in: 15-25 mins It's double or nothing with these tacos. There's both beef and pork mince, two delicious flavours of Tex-Mex and enchilada working together and double the fun with veggies like sweetcorn and avocado. More is sometimes the way to go!

Olive Oil, White Wine Vinegar, Butter, Brown Sugar

# 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 (small)       | 1 (large)                            |
| sweetcorn               | 1 tin           | 1 tin                                |
| white wine<br>vinegar*  | drizzle         | drizzle                              |
| beef & pork<br>mince    | 1 packet        | 1 packet                             |
| Tex-Mex spice blend     | 1 medium sachet | 1 medium sachet                      |
| baby spinach<br>leaves  | 1 small bag     | 1 medium bag                         |
| enchilada sauce         | ½ packet        | 1 packet                             |
| butter*                 | 15g             | 30g                                  |
| brown sugar*            | 1 tsp           | 2 tsp                                |
| mini flour tortillas    | 6               | 12                                   |
| shredded<br>cabbage mix | 1 bag<br>(150g) | 1 bag<br>(300g)                      |
| Greek-style<br>yoghurt  | 1 medium packet | 2 medium packets                     |
| beef strips**           | 1 small packet  | 2 small packets<br>OR 1 large packet |
|                         |                 |                                      |

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3617kJ (864Cal) | 690kJ (165Cal) |
| Protein (g)      | 42.2g           | 8.1g           |
| Fat, total (g)   | 50.2g           | 9.6g           |
| - saturated (g)  | 19.4g           | 3.7g           |
| Carbohydrate (g) | 59.1g           | 11.3g          |
| - sugars (g)     | 16.7g           | 3.2g           |
| Sodium (mg)      | 1528mg          | 291mg          |
|                  |                 |                |

#### **Custom Recipe**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3251kJ (777Cal) | 620kJ (148Cal) |
| Protein (g)      | 44.2g           | 8.4g           |
| Fat, total (g)   | 39.4g           | 7.5g           |
| - saturated (g)  | 15.2g           | 2.9g           |
| Carbohydrate (g) | 59.1g           | 11.3g          |
| - sugars (g)     | 16.7g           | 3.2g           |
| Sodium (mg)      | 1521mg          | 290mg          |

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





# Get prepped

- Slice avocado in half, scoop out flesh and roughly chop.
- Drain sweetcorn.

**Little cooks:** Help drain the sweetcorn!



### Cook the mince

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook beef
  pork mince, breaking up with a spoon, until just browned, 4-5 minutes.
- Add Tex-Mex spice blend and cook until fragrant, 1-2 minutes.
- Add baby spinach leaves, enchilada sauce (see ingredients), the butter, brown sugar and a splash of water and cook until slightly reduced,
   1-2 minutes
- Meanwhile, microwave mini flour tortillas on a plate in 10 second bursts until warmed through.

Custom Recipe: If you've upgraded to beef strips, discard any liquid from beef packaging. Heat the frying pan over high heat with a drizzle of olive oil. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate. Continue as above. When the sauce is slightly reduced, remove from heat, then return beef to pan and toss to coat.



#### Char the corn

- Heat a large frying pan over high heat. Cook sweetcorn until lightly browned, 4-5 minutes.
- In a medium bowl, combine charred corn, avocado and a drizzle of white wine vinegar and olive oil. Season with salt and pepper. Set aside.



## Serve up

 Fill tortillas with some Mexican beef and pork, shredded cabbage mix, avocado salsa and Greek-style yoghurt. Enjoy!

**Little cooks:** Take the lead and help build the tacos!