



Quick Hearty Mexican Beef & Pork Tacos

with Avocado Salsa & Yoghurt

KID FRIENDLY

Grab your Meal Kit with this symbol



Avocado



Sweetcorn



Beef & Pork Mince



Tex-Mex Spice Blend



Baby Spinach Leaves



Enchilada Sauce



Mini Flour Tortillas



Shredded Cabbage Mix



Greek-Style Yoghurt



Beef Strips

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

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

	2 People	4 People
olive oil*	refer to method	refer to method
avocado	1 (small)	1 (large)
sweetcorn	1 tin	1 tin
white wine vinegar*	drizzle	drizzle
beef & pork mince	1 packet	1 packet
Tex-Mex spice blend	1 medium sachet	1 medium sachet
baby spinach 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 cabbage mix	1 bag (150g)	1 bag (300g)
Greek-style yoghurt	1 medium packet	2 medium packets
beef strips**	1 small packet	2 small packets OR 1 large packet

*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

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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!

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