



Chermoula-Spiced Beef & Rainbow Slaw Tacos

with Garlic Aioli & Roasted Almonds

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Onion



Garlic



Tomato



Sweetcorn



Beef Mince



Chermoula Spice Blend



Tomato Paste



Shredded Cabbage Mix



Mini Flour Tortillas



Roasted Almonds



Hummus



Garlic Aioli



Pork Mince

Recipe Update

We've replaced the radish in this recipe with sweetcorn due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins
Ready in: 20-30 mins

Take taco night to the next level with the flavours of Turkey. Chermoula-spiced beef mince sits inside warm tortillas with a garlicky aioli and crunchy, fresh veggies for a flavour combination you didn't know you were missing. It's another taco-tastic dinner!

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

Pantry items

Olive Oil, Brown Sugar, Butter, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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
onion	½	1
garlic	2 cloves	4 cloves
tomato	1	2
sweetcorn	1 medium tin	1 large tin
beef mince	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
water*	¼ cup	½ cup
shredded cabbage mix	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
roasted almonds	1 packet	2 packets
hummus	1 small packet	1 large packet
garlic aioli	1 medium packet	1 large packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3982kJ (952Cal)	730kJ (174Cal)
Protein (g)	44.1g	8.1g
Fat, total (g)	57g	10.4g
- saturated (g)	19.6g	3.6g
Carbohydrate (g)	60.7g	11.1g
- sugars (g)	19.7g	3.6g
Sodium (mg)	1299mg	238mg
Dietary Fibre (g)	13g	2.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3691kJ (882Cal)	676kJ (162Cal)
Protein (g)	39.9g	7.3g
Fat, total (g)	52.5g	9.6g
- saturated (g)	16.7g	3.1g
Carbohydrate (g)	60.7g	11.1g
- sugars (g)	19.7g	3.6g
Sodium (mg)	1320mg	242mg
Dietary fibre	13g	2.4g

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://www.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 **onion** (see ingredients). Finely chop **garlic** and **tomato**. Drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a bowl.

TIP: Cover the pan with a lid if the corn kernels are “popping” out.



Make the slaw

- Meanwhile, combine **shredded cabbage mix** with a drizzle of **white wine vinegar** and **olive oil** in a large bowl. Season with **salt** and **pepper**.
- Microwave **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.



Brown the mince

- Return frying pan to high heat with a drizzle of **olive oil**. Cook **onion** until softened, **3 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Add **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**.
- SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. Add **chermoula spice blend**, **tomato paste** and the **brown sugar**. Cook, stirring, until fragrant, **1-2 minutes**.
- Add the **butter** and **water** and simmer until the sauce has thickened, **1-2 minutes**. Season to taste.

Custom Recipe: If you've swapped to pork mince, follow step as above.



Serve up

- Roughly chop **roasted almonds**.
- Spread **hummus** over tortillas, then top with slaw, chermoula-spiced beef, corn and tomato.
- Drizzle over **garlic aioli** and garnish with almonds to serve. Enjoy!

Little cooks: Take charge and help build the tacos!

we're here to help!

Scan here if you have any questions or concerns

2024 | CW23

