

# Smokey Veggie Mince Baked Tacos

with Caramelised Onion & Plant-Based Mayo

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Baby Leaves



Tomato



Garlic



Onion



Carrot



Plant-Based Mince



All-American Spice Blend



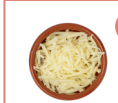
Tomato Paste



Mini Flour Tortillas



Plant-Based Mayo



Shredded Cheddar Cheese



Diced Bacon

Prep in: 25-35 mins  
Ready in: 30-40 mins

Protein Rich

Plant Based

We've really pulled out all the stops with this one, it's a whole new invention! Introducing our baked tacos, with a flavourful veggie mince filling packed into a crispy golden tortilla. This delicious new creation is the new kid in town that everybody wants to be friends with.

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
baby leaves	1 small packet	1 medium packet
tomato	1	2
garlic	2 cloves	4 cloves
onion	½	1
carrot	1	2
plant-based mince	1 packet	2 packets
All-American spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
<b>water*</b>	½ cup	1 cup
mini flour tortillas	6	12
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
<b>white wine vinegar*</b>	drizzle	drizzle
plant-based mayo	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2817kJ (673Cal)	581kJ (138Cal)
Protein (g)	30.5g	6.3g
Fat, total (g)	28.7g	5.9g
- saturated (g)	5.7g	1.2g
Carbohydrate (g)	69.6g	14.3g
- sugars (g)	17.5g	3.6g
Sodium (mg)	2018mg	416mg
Dietary Fibre (g)	20g	4.1g

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.



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Roughly chop **baby leaves**. Finely chop **tomato** and **garlic**. Thinly slice **onion (see ingredients)**. Grate **carrot**.



## Make the caramelised onion

- Meanwhile, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium, then add the **balsamic vinegar, brown sugar** and a splash of **water**. Mix well, then cook until dark and sticky, **3-5 minutes**.



## Cook the filling

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **plant-based mince** and **carrot**, breaking up mince with a spoon, until just browned, **4-5 minutes**.
- Add **garlic, All-American spice blend** and **tomato paste** and cook, stirring, until fragrant, **1-2 minutes**.
- Add the **water** and cook until slightly reduced, **1 minute**.



## Make the leafy salsa

- In a medium bowl, combine **baby leaves, tomato** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



## Assemble the tacos

- Arrange **mini flour tortillas** over a lined oven tray. Divide **mince filling** between **tortillas**, spooning it onto one half of each **tortilla**. Fold the empty half of each **tortilla** over to enclose filling and press down with a spatula. Brush (or spray) **tortillas** with a drizzle of **olive oil** and season.
- Bake until tortillas are golden, **10-12 minutes**. Spoon any overflowing filling back into the tacos.



## Serve up

- Divide smokey veggie mince baked tacos between plates. Top with caramelised onion and leafy salsa.
- Drizzle with **plant-based mayo** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



### CUSTOM OPTIONS

**+** **ADD CHEDDAR CHEESE**  
Sprinkle over filling before baking.

**+** **ADD DICED BACON**  
Cook with filling, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

