

Tex-Mex Plant-Based Mince & Avocado Tacos

with Slaw & Sweetcorn

ALTERNATIVE PROTEIN

Grab your meal kit
with this number

31



Avocado



Sweetcorn



Plant-Based
Mince



Tomato Paste



Tex-Mex
Spice Blend



Mini Flour
Tortillas



Shredded Cabbage
Mix



Plant-Based
Mayo



Beef
Mince



Shredded
Cheddar
Cheese

Prep in: **10-20** mins
Ready in: **10-20** mins

 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.

Pantry items

Olive Oil, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
avocado	1 (small)	1 (large)
sweetcorn	1 medium tin	1 large tin
plant-based mince	1 packet	2 packets
tomato paste	1 packet	2 packets
Tex-Mex spice blend	1 medium sachet	1 large sachet
water*	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
mini flour tortillas	6	12
shredded cabbage mix	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
plant-based mayo	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3258kJ (778Cal)	796kJ (190Cal)
Protein (g)	30.9g	7.6g
Fat, total (g)	42.3g	10.3g
- saturated (g)	7.6g	1.9g
Carbohydrate (g)	59.3g	14.5g
- sugars (g)	14.8g	3.6g
Sodium (mg)	1830mg	447mg
Dietary Fibre (g)	17.8g	4.4g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Slice **avocado** in half, scoop out flesh and thinly slice.
- Drain **sweetcorn**.



Toss the slaw

- Meanwhile, microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.
- Combine **shredded cabbage mix** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl.



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**.



Serve up

- Top tortillas with slaw, Tex-Mex veggie mince and avocado.
- Drizzle over **plant-based mayo** to serve. Enjoy!

We're here to help!


Scan here if you have any questions or concerns

2024 | CW41



CUSTOM OPTIONS

 **SWAP TO BEEF MINCE**
Follow method above.

 **ADD CHEDDAR CHEESE**
Sprinkle over before serving.

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

