

Mexican Beef Birria-Style Tacos

with Creamy Slaw, Coriander & Dipping Sauce

SLOW-COOKER FRIENDLY

NEW

Grab your meal kit
with this number

32



Beef Chuck Roll



Mexican Fiesta Spice Blend



Tomato Paste



Mini Flour Tortillas



Carrot



Shredded Cabbage Mix



Mayonnaise



Coriander



Shredded Cheddar Cheese



Sour Cream

Prep in: 20-30 mins
Ready in: 4 hrs 20 mins-4 hrs 30 mins

 Protein Rich

Tonight's tacos are getting extra love and care. The beef filling is cooked in your slow cooker till meltingly tender, before being slotted into soft, warm tacos with a fresh, crunchy slaw. Don't throw out that sweet and savoury liquid at the bottom of your slow cooker - that's where the flavour is! Serve it alongside and dip your tacos in before you take a bite.

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 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 · Slow cooker

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef chuck roll	1 medium packet	2 medium packets OR 1 large packet
Mexican Fiesta spice blend 🌶️	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water*	1 cup	2 cups
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
mini flour tortillas	6	12
carrot	1	2
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2956kJ (706Cal)	644kJ (153Cal)
Protein (g)	41.3g	9g
Fat, total (g)	35.2g	7.7g
- saturated (g)	12.9g	2.8g
Carbohydrate (g)	52g	11.3g
- sugars (g)	13.2g	2.9g
Sodium (mg)	1352mg	295mg
Dietary Fibre (g)	11.1g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Prep the beef

- Cut **beef chuck roll** into 3cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **beef chuck** until browned on all sides, **3-4 minutes**.
- **SPICY!** The spice blend is hot! Add less if you're sensitive to heat. Add **Mexican Fiesta spice blend** and **tomato paste** and cook until fragrant, **1 minute**.

3



Heat the tortillas & toss the slaw

- When the slow cooker has **10 minutes** remaining, microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- Grate **carrot**.
- In a large bowl, combine **carrot**, **shredded cabbage mix**, **mayonnaise** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste with **salt** and **pepper**.

2



Cook the beef

- Transfer **beef chuck** (including pan juices!), the **water**, **brown sugar** and **butter** to the slow cooker, then set cooking temperature to high.
- Place lid on slow cooker and cook, stirring each hour, until beef is tender and falls apart, **4 hours**.

TIP: If you don't have a slow cooker, preheat oven to 200°C/180°C fan-forced. Transfer mixture to an ovenproof saucepan, cover with a lid (or tightly with foil) and bake until beef is tender, 90 minutes.

4



Serve up

- When the beef is done, reserve some sauce in a small serving bowl, then shred beef using two forks.
- Bring everything to the table to serve.
- Build tacos by filling tortillas with creamy slaw and Mexican birria-style beef.
- Tear over **coriander**.
- Serve with the dipping sauce. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW44



CUSTOM OPTIONS

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

+ **ADD SOUR CREAM**
Dollop over tacos before serving.

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

