

# Cheeseburger Beef Meatball Tacos

with Cos Salad & Burger Sauce

KID'S KITCHEN

Grab your meal kit with this number

42



Carrot



Apple



Cos Lettuce



Beef Mince



Fine Breadcrumbs



All-American Spice Blend



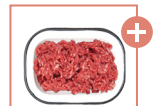
Shredded Cheddar Cheese



Mini Flour Tortillas



Burger Sauce



Beef Mince



Cheddar Cheese

Prep in: 20-30 mins  
Ready in: 30-40 mins

It's all hands on deck, this recipe is designed to be cooked by grown-ups and kids together! Cheeseburgers and tacos, they've got to be two of our favourite meals. Why not throw them together? Beef meatballs, burger sauce and crunchy cos come together in a soft, warm tortilla for a flavour combo you never knew you needed... until now!

### Pantry items

Olive Oil, Egg, 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 with a lid (or foil)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
apple	1	2
cos lettuce	½ head	1 head
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
shredded Cheddar cheese	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
mini flour tortillas	6	12
burger sauce	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3748kJ (896cal)	368kJ (88cal)
Protein (g)	47.5g	4.7g
Fat, total (g)	47.3g	4.6g
- saturated (g)	18.3g	1.8g
Carbohydrate (g)	69.1g	6.8g
- sugars (g)	16.4g	1.6g
Sodium (mg)	1530mg	150.3mg
Dietary Fibre (g)	11.3g	1.1g

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

- Grate **carrot**.
- Thinly slice **apple** into sticks.
- Finely shred **cos lettuce** (see ingredients).

**Little cooks:** Help wash and tear the lettuce leaves!



## Prep the meatballs

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! In a large bowl, combine **beef mince, fine breadcrumbs, All-American spice blend** and the **egg**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (6-8 per person). Transfer to a plate.

**Little cooks:** Join the fun by helping combine the ingredients and shaping the mixture into meatballs!



## Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over high heat with a drizzle of **olive oil**.
- Cook **meatballs**, turning, until browned, **5-7 minutes** (cook in batches if your pan is getting crowded).
- In the last **1-2 minutes** of cook time, sprinkle **shredded Cheddar cheese** over meatballs and cover with a lid (or foil) until cheese melts.



## Toss the salad

- In a second large bowl, combine **cos lettuce, apple, carrot** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

**Little cooks:** Take the lead by tossing the salad!



## Heat the tortillas

- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.



## Serve up

- Spread each tortilla with **burger sauce**, then top with cos salad and cheeseburger beef meatballs to serve. Enjoy!

**Little cooks:** Take the lead and help build the tacos!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



### CUSTOM OPTIONS



#### DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.



#### DOUBLE CHEDDAR CHEESE

Follow method above.

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

