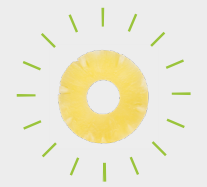




BEEF & PINEAPPLE TACOS

with Lime Yoghurt



Give beef mince a zing with pineapple juice!



Pineapple Slices



Red Onion



Tomato



Cos Lettuce



Lime



Greek Yoghurt



Beef Mince



Tex-Mex Spice Blend



Mini Flour Tortillas

Pantry Staples: Olive Oil



Hands-on: 20 mins

Ready in: 25 mins

Pineapple is a classic ingredient in Mexico – and one bite of these sweet and savoury tacos explains why! The tropical fruit adds a bright, zingy flavour to the salsa, plus the juice makes the mildly spiced beef mixture extra tender.

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium frying pan**



1 GET PREPPED

Drain the **pineapple slices**, reserving the juice. Roughly chop the pineapple. Finely chop the **red onion**. Finely chop the **tomato**. Shred the **cos lettuce**. Zest the **lime** to get a pinch.



2 MAKE THE PINEAPPLE SALSA

Heat a medium frying pan (no need for oil) over a high heat. Add the **pineapple** and cook for **4 minutes**, or until charred. In a medium bowl, combine the charred pineapple, **tomato** and a **little** of the **red onion**. **TIP:** You'll cook the remaining onion in step 4! Add a small squeeze of **lime juice** and season with **salt** and **pepper**. Mix well and set aside.

TIP: Add more lime juice to taste.



3 MAKE THE LIME YOGHURT

In a small bowl, combine the **Greek yoghurt** with a **pinch** of **lime zest** and season with **salt** and **pepper**. Mix well and set aside.



4 COOK THE BEEF MINCE

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Once hot, add the **remaining red onion** and cook for **3-4 minutes** or until softened. Add the **beef mince** and cook, breaking up with a wooden spoon, for **4-5 minutes** or until browned. Add **Tex Mex spice blend** and cook for **1 minute** or until fragrant. Season with a **pinch** of **salt** and **pepper**. Stir through the **reserved pineapple juice** and simmer for **2-3 minutes** or until most of the liquid has evaporated. Remove the pan from the heat.



5 HEAT THE TORTILLAS

While the beef is simmering, heat the **mini flour tortillas** in a sandwich press or microwave on a plate for **10 second bursts** or until warm.



6 SERVE UP

Bring everything to the table. Assemble the beef and pineapple tacos by filling each tortilla with some cos lettuce, the beef mixture, then topping with a dollop of lime yoghurt and a spoonful of pineapple salsa.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
pineapple slices	1 tin	2 tins
red onion	1	2
tomato	1	2
cos lettuce	1	2
lime	1	2
Greek yoghurt	1 tub (100 g)	1 tub (185 g)
beef mince	1 packet	1 packet
Tex-Mex spice blend	1 sachet	2 sachets
mini flour tortillas	6	12

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2687kJ (642Cal)	432kJ (103Cal)
Protein (g)	39.0g	6.3g
Fat, total (g)	20.0g	3.2g
- saturated (g)	6.2g	1.0g
Carbohydrate (g)	70.2g	11.3g
- sugars (g)	26.1g	4.2g
Sodium (g)	875mg	140mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

Hello@HelloFresh.co.nz

2018 | WK39

