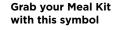


Mexican Pulled Beef Bowl

with Charred Corn Salsa & Cheesy Tortillas Chips













Tortillas





Sweetcorn

Carrot



Cheddar Cheese



Tomato Paste



Mexican Fiesta Spice Blend



Beef-Style Stock Powder



Pulled Beef



Tomato



Coriander

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Butter

Fiesta spice blend)

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

ingredients		
	2 People	4 People
olive oil*	refer to method	refer to method
mini flour tortillas	6	12
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
sweetcorn	1 tin	2 tins
carrot	1	2
vinegar* (white wine or rice wine)	¼ cup	½ cup
water* (for the pickle)	¼ cup	½ cup
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
butter*	20g	40g
tomato paste	1 packet	2 packets
Mexican Fiesta spice blend	1 sachet	1 sachet
water* (for the beef)	½ cup	1 cup
beef-style stock powder	1 sachet	1 sachet
pulled beef	1 packet	1 packet
tomato	1	2
coriander	1 bunch	1 bunch

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3150kJ (754Cal)	555kJ (133Cal)
Protein (g)	37.3g	6.6g
Fat, total (g)	31.7g	5.6g
- saturated (g)	14.5g	2.6g
Carbohydrate (g)	71.3g	12.6g
- sugars (g)	16.0g	2.8g
Sodium (mg)	2220mg	390mg

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. Get prepped

Preheat the oven to 200°C/180°C fan-forced. Cut the mini flour tortillas into quarters. Slice the red onion in half. Thinly slice 1/2 the onion, then finely chop the remaining onion. Finely chop the garlic. Drain the sweetcorn. Grate the carrot (unpeeled). In a small bowl, combine the vinegar, water (for the pickle) and a good pinch of sugar and salt. Scrunch the sliced onion in your hands, then add to the pickling liquid. Stir to coat and set aside until serving.



2. Char the corn

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a medium bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



3. Bake the tortilla chips

While the corn is charring, place the **tortilla** wedges in a single layer on an oven tray lined with baking paper. **Drizzle** (or spray) with **olive oil**, season with **salt** and **pepper** and toss to coat. Sprinkle with the **shredded Cheddar cheese**. Bake until the tortillas are golden and the cheese is melted, **8-10 minutes**.

TIP: If the tortilla wedges don't fit in one layer, spread them over two oven trays.



4. Cook the beef

SPICY! The spice blend is hot, use less if you're sensitive to heat. While the tortilla chips are baking, return the frying pan to a medium-high heat with a drizzle of olive oil. Add the carrot and chopped onion and cook until softened, 3-4 minutes. Add the butter, tomato paste, Mexican Fiesta spice blend and garlic and cook, stirring, until fragrant, 2 minutes. Add the water (for the beef), beefstyle stock powder and pulled beef and cook, breaking up with of a spoon, until heated through, 2-3 minutes. Season to taste with pepper.



5. Make the salsa

While the beef is cooking, finely chop the **tomato** and **coriander**. Add the **tomato**, **coriander** (reserve some for garnish!), some **onion pickling liquid** (2 tsp for 2 people / 4 tsp for 4 people) and a **drizzle** of **olive oil** to the bowl with the charred **corn**. Season to taste. Toss to combine.



6. Serve up

Drain the pickled onion. Divide the Mexican pulled beef between bowls. Top with the charred corn salsa and pickled onion. Garnish with the reserved coriander. Serve with the cheesy tortilla chips.

Enjoy!