



Indian Spiced Beef and Pepper Tacos

with Mango Yoghurt Slaw and Baby Leaf Salad

Super Quick 15 Minutes • Mild Spice • 1 of your 5 a day

8



Green Pepper



Beef Mince



Greek Style Natural Yoghurt



Mango Chutney



Coleslaw Mix



Korma Curry Paste



Plain Taco Tortillas



Baby Leaf Mix

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Green Pepper**	1	2	2
Beef Mince**	240g	360g	480g
Greek Style Natural Yoghurt**	75g	150g	150g
Mango Chutney	40g	60g	80g
Coleslaw Mix**	120g	180g	240g
Korma Curry Paste 9)	50g	75g	100g
Plain Taco Tortillas 13)	6	9	12
Baby Leaf Mix**	20g	50g	50g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	437g	100g
	3159 /755	724 /173
Fat (g)	32.3	7.4
Sat. Fat (g)	13.4	3.1
Carbohydrate (g)	77.1	17.7
Sugars (g)	23.9	5.5
Protein (g)	38.0	8.7
Salt (g)	3.01	0.69

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 9) Mustard 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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1



Get Prepped

- Chop the **pepper** into 1-2cm chunks.
- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **beef mince** and **pepper** until browned, 5-6 mins.
- Break up the **mince** as it cooks. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

3



Tortilla Time

- Meanwhile, microwave the **tortillas** for 850W: 50 secs / 750W: 1 min.
- If you don't have a microwave, just enjoy them cold.

2



Spice Up

- Meanwhile, in a bowl, mix together the **yoghurt** and **mango chutney**. Stir through the **coleslaw mix**. Season with **salt** and **pepper**. Set aside.
- Once the **beef** has browned, drain the fat. Season with **salt** and **pepper**.
- Next, stir in the **korma curry paste**.
- Fry, 2 mins, then remove from heat.

4



Dinner's Ready!

- Lay the **tortillas** on your plates (3 per person).
- Top with the **spiced beef**, **baby leaves** and **slaw**. **TIP:** Eat your tacos by hand - get stuck in!

Enjoy!