



Harissa Beef and Bean Tacos

with Bell Pepper and Greek Style Cheese

Quick 20 Minutes • **Medium Spice** • 1 of your 5 a day

15



Bell Pepper



Beef Mince



Garlic Clove



Red Kidney Beans



Tomato Puree



Harissa Paste



Chicken Stock Paste



Medium Tomato



Plain Taco Tortillas



Wild Rocket



Greek Style Salad Cheese

Pantry Items

Oil, Salt, Pepper, Sugar, Mayonnaise

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, garlic press, sieve and baking tray.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Beef Mince**	120g	240g	240g
Garlic Clove**	2	3	4
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Tomato Puree	30g	45g	60g
Harissa Paste 14	50g	75g	100g
Chicken Stock Paste	10g	15g	20g
Medium Tomato	1	2	2
Plain Taco Tortillas 13	6	9	12
Wild Rocket**	20g	40g	40g
Greek Style Salad Cheese** 7	50g	75g	100g

Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	616g	100g
Energy (kJ/kcal)	3789 /906	615 /147
Fat (g)	40.4	6.6
Sat. Fat (g)	10.5	1.7
Carbohydrate (g)	90.2	14.6
Sugars (g)	15.8	2.6
Protein (g)	43.0	7.0
Salt (g)	3.61	0.59

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

Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

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, cereals containing 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.


Contact

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Get Prepping

a) If you don't have a microwave, heat your oven to 220°C/200°C fan/gas mark 7 for the **tortillas**.

b) Meanwhile, halve the **bell pepper** and discard the core and seeds.

c) Slice into thin strips, then chop into roughly 1cm pieces.



Tomato Time

a) Meanwhile, cut the **tomato** into 1cm chunks.



Time to Fry

a) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) Once hot, add the **beef mince** and **chopped pepper**. Fry until the **mince** has browned, 5-6 mins. Use a spoon to break it up as it cooks.
IMPORTANT: Wash your hands and equipment after handling raw mince.

c) Meanwhile, peel and grate the **garlic** (or use a garlic press).

d) Drain and rinse the **kidney beans** in a sieve.



Warm the Tortillas

a) Pile the **tortillas** (3 per person) onto a plate. Heat them through in the microwave, 850W: 50 secs / 750W: 1 min, until warm and soft.

b) If you're using the oven, lay the **tortillas** onto a baking tray and place on the middle shelf to warm through, 1-2 mins.

c) Once the **sauce** has thickened, season with **salt** and **pepper**. Remove from the heat.



Add the Flavour

a) When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.

IMPORTANT: The mince is cooked when no longer pink in the middle.

b) Add the **garlic**, **tomato puree** and **harissa paste** (add less if you'd prefer things milder). Stir-fry for 1 min.

c) Stir in the **chicken stock paste**, **kidney beans**, **sugar** and **water for the sauce** (see pantry for both amounts).

d) Bring to the boil, then lower the heat and simmer until thickened, 4-5 mins.



Assemble and Serve

a) When everything's ready, spread the **mayonnaise** (see pantry for amount) on each **tortilla**.

b) Top with the **rocket** and spoonfuls of the **beef**, **pepper** and **bean mixture** - as much as you'd like.

c) Finish with the **tomatoes** and crumble the **Greek style salad cheese** over the top. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!