



# Indian Spiced Beef and Pepper Tacos

with Mango Yoghurt and Baby Leaf Salad

8

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



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** 7) | 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          | Per serving | Per 100g  |
|-------------------------|-------------|-----------|
| for uncooked ingredient | 437g        | 100g      |
| Energy (kJ/kcal)        | 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, 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 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. **TIP:** Add a splash of water if it looks a little thick.

4



## Dinner's Ready!

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

## Enjoy!