



Cheeseburger Inspired Tacos

with Chips and Rocket

10

Family 30-35 Minutes • Mild Spice • 1 of your 5 a day



Potatoes



Onion



Garlic Clove



Mature Cheddar
Cheese



British Beef
and Pork Mince



Central American
Style Spice Mix



Beef Stock
Paste



Plain Taco
Tortillas



Wild Rocket



Burger Sauce



British Smoked
Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Sugar, Tomato Ketchup

+ Add Bacon Lardons

If you chose to add bacon lardons,
then just follow the instructions
on the back of this card.

Happy cooking!

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

Baking tray, garlic press, grater and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Onion	1	1½	2
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	30g	40g	60g
British Beef and Pork Mince**	240g	360g	480g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Beef Stock Paste	10g	15g	20g
Plain Taco Tortillas 13)	4	6	8
Wild Rocket**	20g	40g	40g
Burger Sauce 8) 9)	30g	45g	60g
British Smoked Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	572g	100g	617g	100g
Energy (kJ/kcal)	3644 / 871	637 / 152	4132 / 988	670 / 160
Fat (g)	39.0	6.8	48.1	7.8
Sat. Fat (g)	11.0	1.9	13.9	2.3
Carbohydrate (g)	92.5	16.2	93.4	15.2
Sugars (g)	14.2	2.5	14.3	2.3
Protein (g)	39.4	6.9	47.1	7.6
Salt (g)	2.93	0.51	4.16	0.68

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

Allergens

7) Milk 8) Egg 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, mollusc, 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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Simmer the Sauce

Add the **Central American style spice mix** and **garlic** to the **mince** and fry for 1 min more.

Stir in the **beef stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) and simmer until thickened, 2-3 mins.



Prep Time

Meanwhile, halve, peel and chop the **onion** into small pieces.

Peel and grate the **garlic** (or use a garlic press).

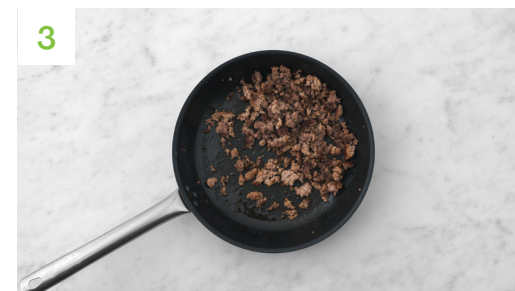
Grate the **cheese**.



Finishing Touches

Remove the **beef and pork mixture** from the heat and stir through the **tomato ketchup** (see pantry for amount).

Just before serving, pop the **tortillas** (2 per person) into the oven to warm through, 1-2 mins.



Get Frying

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

Once hot, add the **beef and pork mince** and **onion**. Fry until the **mince** has browned, 5-6 mins.

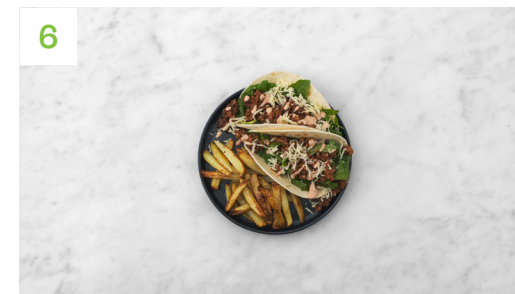
Use a spoon to break up the **mince** as it cooks.

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

IMPORTANT: Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

+ Add Bacon Lardons

If you're adding **bacon**, add it to the pan with the **mince**. Fry for the same amount of time, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.



Serve

Transfer the **warmed tortillas** to your serving plates. Add a handful of **rocket** and top with the **mince mixture**.

Drizzle over the **burger sauce** and sprinkle with the **grated Cheddar**.

Serve the **chips** alongside.

Enjoy!