



# Indian Spiced Beef and Pepper Tacos

with Mango Chutney and Baby Gem Salad

**Rapid** 20 Minutes • Mild Spice • 2 of your 5 a day

14



Green Pepper



Garlic Clove



Beef Mince



Mango Chutney



Baby Gem Lettuce



Korma Style Paste



Medium Tomato



Plain Taco Tortilla

**Pantry Items**

Oil, Salt, Pepper, Mayonnaise, Sugar, Olive Oil

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Garlic press, frying pan, bowl and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Green Pepper**	1	2	2
Garlic Clove**	1	2	2
Beef Mince**	240g	360g	480g
Mango Chutney	1 sachet	1½ sachets	2 sachets
Baby Gem Lettuce**	1	2	2
Korma Style Paste 9)	1 sachet	1½ sachets	2 sachets
Medium Tomato	1	2	2
Plain Taco Tortilla 13)	6	9	12
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Dressing*	½ tsp	1 tsp	1½ tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>475g</b>	<b>100g</b>
Energy (kJ/kcal)	3509 /839	740 /177
Fat (g)	42.8	9.0
Sat. Fat (g)	12.5	2.6
Carbohydrate (g)	74.9	15.8
Sugars (g)	22.3	4.7
Protein (g)	37.3	7.9
Salt (g)	3.41	0.72

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

## Allergens

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.

## Contact

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## Prep the Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **pepper** and discard the core and seeds.
- Chop into 1-2cm chunks.
- Peel and grate the **garlic** (or use a garlic press).



## Add Some Spice

- Once the **beef** has browned, stir in the **korma style paste** and **garlic**. Cook until fragrant, 2 mins.
- Remove from heat.



## Start to Stir-Fry

- Heat a medium frying pan on medium-high heat with a drizzle of **oil**.
- Once hot, add the **beef mince** and **pepper** and fry until browned, 5-6 mins.
- Use a spoon to break it up as it cooks, drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



## Tomato and Tortilla Time

- Cut the **tomato** into 1cm chunks. Pop into another small bowl with the **sugar** and **olive oil for the dressing** (see pantry for both amounts).
- Season with **salt** and **pepper**, then set aside.
- Pop the **tortillas** (3 per person) onto a baking tray and into the oven to warm through, 1-2 mins.



## Make the Mango Mayo

- Meanwhile, in a small bowl, mix together the **mango chutney** and **mayonnaise** (see pantry for amount).
- Trim the **baby gem**, halve lengthways, then thinly slice.



## Assemble your Tacos

- Toss the **baby gem lettuce** with the **tomatoes** to dress it.
- Lay the **tortillas** on your plates and spread each with the **mango mayo**.
- Top with your **Indian spiced beef** and the **baby gem salad** - as much as you'd like. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!