



# Tex-Mex Style Beef and Bean Tacos

with Cheese and Baby Gem Salad

**Rapid** 20 Minutes • Medium Spice

14



Mature Cheddar  
Cheese



Garlic Clove



Baby Gem  
Lettuce



Red Kidney  
Beans



Beef Mince



Tomato Puree



Cajun Spice  
Mix



Beef Stock  
Paste



Cider Vinegar



Plain Taco  
Tortilla

**Pantry Items**

Oil, Salt, Pepper, 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

Grater, garlic press, sieve, frying pan, bowl and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Mature Cheddar Cheese** 7)	40g	60g	80g
Garlic Clove**	1	2	2
Baby Gem Lettuce**	1	2	2
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Beef Mince**	240g	360g	480g
Tomato Puree	30g	60g	60g
Cajun Spice Mix	1 sachet	2 sachets	2 sachets
Beef Stock Paste	10g	15g	20g
Cider Vinegar 14)	15ml	22ml	30ml
Plain Taco Tortilla 13)	6	9	12

Pantry	2P	3P	4P
Water for the Beef*	75ml	100ml	150ml
Sugar for the Dressing*	¼ tsp	½ tsp	½ tsp
Olive Oil for the Dressing*	1 tbsps	1½ tbsps	2 tbsps

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3408 / 815	769 / 184
Fat (g)	36.4	8.2
Sat. Fat (g)	15.8	3.6
Carbohydrate (g)	67.3	15.2
Sugars (g)	7.8	1.8
Protein (g)	51.5	11.6
Salt (g)	3.33	0.75

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, 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

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



## Get Prepped

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

**b)** Trim the **baby gem**, halve lengthways, then thinly slice.

**c)** Drain and rinse the **kidney beans** in a sieve. Pop **half the beans** into a bowl and mash with a fork until broken up.



## Bring on the Beans

**a)** Pour in the **water for the beef** (see pantry for amount), then stir in the **beef stock paste** and **kidney beans** (whole and mashed).

**b)** Stir until everything's evenly mixed and the **sauce** has thickened, 2-3 mins.

**c)** Season with **salt** and **pepper**. Add a splash more **water** if it's a little dry.



## Brown the Mince

**a)** Pop a frying pan on medium-high heat (no oil).

**b)** Once hot, add the **beef mince** and fry until browned, 5-6 mins.

**c)** Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.*



## Salad Time

**a)** Meanwhile, pour the **cider vinegar**, **sugar** and **olive oil for the dressing** into a medium bowl (see pantry for both amounts).

**b)** Season with **salt** and **pepper**, then mix together until combined. Add the **lettuce** to the **dressing** and toss well.

**c)** Pop the **tortillas** (3 per person) onto a baking tray and into your oven to warm through, 1-2 mins.



## Add the Flavour

**a)** Reduce the heat to medium and add the **garlic**, **tomato puree** and **Cajun spice mix** (add less if you'd prefer things milder) to the **beef**.

**b)** Stir to combine, then cook until fragrant, 1-2 mins.

**c)** Meanwhile, preheat your oven to 220°C/200°C fan/gas mark 7.



## Assemble your Tacos

**a)** Taste the **beef and bean mix** and season with **salt** and **pepper** if needed.

**b)** Share the **tortillas** between your plates and top with spoonfuls of the **beef and bean mix** - as much as you'd like.

**c)** Sprinkle over the **cheese** and top with some **salad**.

**d)** Serve any remaining **salad** alongside. **TIP:** *Tacos are best enjoyed eaten by hand - get stuck in!*

## Enjoy!