



Tandoori Beef Tacos

with Garlic & Mint Yoghurt

Grab your Meal Kit with this symbol



Cucumber



Carrot



Garlic



Mint



Yoghurt



Beef Strips



Tandoori Paste



Mini Flour Tortillas



Mixed Salad Leaves

 Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Take your favourite part of Indian flavours (tandoori) and the best handheld dinner around (tacos, of course) and you have the recipe for the next big thing in fusion food. With one bite of this crunchy salad, saucy beef, aromatic yoghurt and warm tortilla wraps, you'll get what we're taco-ing about!

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1 (medium)	1 (large)
carrot	1	2
garlic	2 cloves	4 cloves
mint	1 bunch	1 bunch
yoghurt	1 small packet	1 large packet
beef strips	1 packet	1 packet
tandoori paste	1 packet (50g)	1 packet (100g)
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
water*	½ cup	¾ cup
mini flour tortillas	8	16
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3210kJ (768Cal)	635kJ (152Cal)
Protein (g)	43.5g	8.6g
Fat, total (g)	35.5g	7.0g
- saturated (g)	7.1g	1.4g
Carbohydrate (g)	63.3g	12.5g
- sugars (g)	17.3g	3.4g
Sodium (mg)	2080mg	411mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Thinly slice the **cucumber** into batons. Grate the **carrot** (unpeeled). Finely chop the **garlic**. Pick and finely chop the **mint** leaves.



2. Make the garlic & mint yoghurt

Heat a large frying pan over a medium-high heat with a **drizzle** of **olive oil** and the **garlic**. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add **1/2** the **yogurt** and **1/2** the **mint** to the **garlic oil** and stir to combine. Season to taste and set aside.



3. Cook the beef

Return the frying pan to a high heat with a **drizzle** of **olive oil**. Cook the **beef strips**, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.



4. Make the tandoori sauce

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **carrot** and a **pinch** of **salt** and **pepper** and cook, stirring, until softened, **2-3 minutes**. Add the **tandoori paste** and cook until fragrant, **1 minute**. Add the **brown sugar**, **butter** and the **water** and simmer until slightly thickened, **1-2 minutes**. Return the **beef strips** to the pan and stir until combined and warmed, **1 minute**. Remove from the heat, then stir through the **remaining yoghurt**.



5. Heat the tortillas

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts**, until warmed through.



6. Serve up

Bring everything to the table to serve. Build your tacos by topping the tortillas with the **mixed salad leaves**, tandoori beef, cucumber and garlic and mint yoghurt. Sprinkle with the remaining mint.

Enjoy!