



Lamb Harissa Tacos

with Spring Onion, Cheese and Potato Wedges

CLASSIC 30 Minutes • Medium Heat • 1 of your 5 a day



Potato



Lamb Mince



Spring Onion



Cheddar Cheese



Garlic Clove



Baby Gem Lettuce



Black Beans



Harissa Paste



Chicken Stock Powder



Soft Shell Tacos

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Large Baking Tray, Frying Pan, Coarse Grater, Fine Grater (or Garlic Press), Colander, Potato Masher and Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Lamb Mince**	200g	300g	400g
Spring Onion**	1	2	2
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks
Garlic Clove**	1 clove	1 clove	2 cloves
Baby Gem Lettuce**	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Harissa Paste	1 sachet	1½ sachets	2 sachets
Water for Lamb*	150ml	225ml	300ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Soft Shell Tacos 13)	4	6	8

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	682g	100g
Energy (kJ/kcal)	3450 / 825	506 / 121
Fat (g)	31	5
Sat. Fat (g)	11	2
Carbohydrate (g)	90	13
Sugars (g)	7	1
Protein (g)	42	6
Salt (g)	2.73	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Roast the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



4. Spice it up!

Lower the heat to medium and add the **harissa paste** and **garlic** to the **lamb**. Cook, stirring continuously until fragrant, 1 minute. Pour in the **water** (see ingredients for amount) and **chicken stock powder**. Stir together and bring up to boil, stirring, and then reduce the heat to low.



2. Fry the Lamb

Heat a frying pan over medium high heat (no oil). When hot, add the **lamb mince** and cook until browned, 5-6 mins. Break the **mince** up with a wooden spoon as it cooks. Drain off any excess **oil**. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.*



5. Thicken it up

Add all the **black beans** (whole and crushed) into the **lamb mixture** and stir together. **TIP:** *This will help the sauce thicken.* Simmer for 7-8 mins, stirring occasionally until thickened. Add a tablespoon of **water** if it's a bit dry. **TIP:** *The mixture needs to be thick enough to spoon into the tacos without it running out.* When the **wedges** and the **lamb** are nearly ready pop the **tacos** into the oven to warm through for 2-3 mins.



3. Prep Time

Meanwhile, trim the **spring onion** and thinly slice. Grate the **Cheddar** on the coarse side of your grater. Peel and grate the **garlic** (or use a garlic press). Remove the root from the **baby gem**, halve lengthways and thinly slice. Drain and rinse the **black beans** in a colander. Pop **half** of them in a medium bowl and roughly mash with a fork or potato masher.



6. Serve

When the **tacos** are warm transfer them to a board. Divide the **lamb mixture** evenly between each. Top with the **lettuce**, sprinkle on the **cheese** and **spring onion**. Pop onto your plates ready to roll up and share the **wedges** equally between each plate.

Dig in and Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.