



Tex-Mex Style Beef and Potato Tacos

with Cheese, Refried Beans and Baby Gem Salad

Street Food 35-45 Minutes • Mild Spice • 1 of your 5 a day

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Baking Potato



Garlic Clove



Baby Gem Lettuce



Mature Cheddar Cheese



Black Beans



Premium Tomatoes



Chipotle Paste



Chicken Stock Paste



Beef Mince



Tomato Puree



Plain Taco Tortilla



Soured Cream

Pantry Items
Sugar

Before you start

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

Cooking tools

Baking tray, garlic press, grater, sieve, bowl, saucepan and frying pan.

Ingredients

	2P	3P	4P
Baking Potato**	1	2	2
Garlic Clove**	3	5	6
Baby Gem Lettuce**	1	1½	2
Mature Cheddar Cheese** 7)	60g	90g	120g
Black Beans**	1 carton	1½ cartons	2 cartons
Premium Tomatoes	190g	250g	380g
Chipotle Paste	2 sachets	3 sachets	4 sachets
Chicken Stock Paste	20g	30g	40g
Water for the Beans*	75ml	100ml	150ml
Beef Mince**	360g	600g	720g
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	150ml	225ml	300ml
Sugar for the Sauce*	½ tsp	1 tsp	1 tsp
Plain Taco Tortilla 13)	6	9	12
Soured Cream** 7)	75g	150g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	805g	100g
Energy (kJ/kcal)	5052/1208	628/150
Fat (g)	58	7
Sat. Fat (g)	27	3
Carbohydrate (g)	103	13
Sugars (g)	13	2
Protein (g)	64	8
Salt (g)	4.20	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 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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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 1cm chunks (no need to peel). Pop the **potato chunks** 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, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



Start the Mince

Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium-high heat. When hot, add the **beef mince** and cook until browned, 4-5 mins. 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. Stir in the **tomato puree**, remaining **chipotle paste**, **chicken stock paste** and **garlic**.



Prep the Veg

Meanwhile, peel and grate the **garlic** (or use a garlic press). Trim the **baby gem**, halve lengthways, then thinly slice widthways. Grate the **cheese**. Drain and rinse the **black beans** in a sieve. Halve the **tomatoes**, then pop them into a large bowl with a drizzle of **oil**. Season with **salt** and **pepper** and set aside.



Combine and Stir

Stir in the **water** and **sugar for the sauce** (see ingredients for both amounts), then bring to the boil. Once boiling, reduce the heat and simmer until thickened, 3-4 mins. Meanwhile, pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins. Once ready, stir the **roasted potatoes** through the **mince**. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Make the Refried Beans

Pop **half** the **beans** into a medium saucepan and roughly mash. Stir in the remaining **beans**, **half** the **chipotle paste** (add less if you don't like heat), **half** the **chicken stock paste**, **half** the **garlic** and the **water for the beans** (see ingredients for amount). Pop the saucepan on medium-high heat and bring to the boil. Lower the heat and simmer until thickened, 3-4 mins. Taste and season with **salt** and **pepper**.



Finish and Serve

Just before serving, add **half** the **baby gem** to the bowl with the **tomatoes**. Toss to coat. To serve, top each **tortilla** with the remaining **baby gem**, spoonfuls of **beef mix**, a sprinkle of **cheese** and a dollop of **soured cream**. Serve the **tacos** (3 per person) with the **refried beans** and **salad** alongside. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!