



Everything
But The Chef

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WK42
2015

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Sizzling Beef Tacos

Let's hear it for mid-week Mexican! There is something so satisfying about bringing together all of these delicious elements for a bit of crafty dinner assemblage. Every mouthful is a kaleidoscope of yummy avo, sweet corn, sizzling beef and fresh herbs. Grab a handful of each colour of the rainbow and start crafting your unique masterpiece, topped with Tapatio hot sauce – the perfect authentic heat for this sizzling fiesta.

- Prep:** 15 mins
- Cook:** 10 mins
- Total:** 25 mins
- level 1**
- lactose free**
- gluten free**
- high protein**
- spicy**

Pantry Items

Olive Oil	Avocado	Birdseye Chilli	Lemon	Corn	Coriander	Red Onion
Beef Strips	Mexican Spice Mix	Corn Tortillas	Red Cabbage	Tapatio Hot Sauce		

2P	4P	Ingredients	
1	2	avocado	
1	2	birdseye chilli, deseeded & finely chopped	⊕
½	1	lemon, juiced	⊕
1 cob	2 cobs	corn, shucked & kernels removed	A
½ bunch	1 bunch	coriander, finely chopped	⊕
½	1	red onion, finely sliced	⊕
1 tbs	2 tbs	olive oil *	
300 g	600 g	beef strips	
2 tsp	4 tsp	Mexican spice mix	
1 packet	2 packets	mini white corn tortillas	
2 cups	4 cups	finely shredded red cabbage	
1 sachet	2 sachets	Tapatio hot sauce	

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	3570	Kj
Protein	46.7	g
Fat, total	35.8	g
-saturated	8.3	g
Carbohydrate	78.3	g
-sugars	7.8	g
Sodium	261	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chopping board, chef's knife, three small bowls, fork, medium frying pan, and a large bowl.



1 Preheat the oven to **180°C/160°C** fan-forced.

2 In a small bowl, mash the **avocado** with a fork and stir through the **birdseye chilli**, half of the **lemon juice** and a pinch of **salt**. Set aside.



3 In a separate small bowl, combine the **corn**, **coriander**, a third of the **red onion** and the remaining lemon juice. Set the salsa aside.

4 In a medium frying pan heat half of the **olive oil** over a medium-high heat. Add the **beef strips** in two batches, stir frying for **1-2 minutes** or until just browned. Remove from the pan. Add the remaining oil and remaining red onion and cook, stirring, for **3 minutes** or until softened. Add the **Mexican spice mix** and cook, stirring, for **1 minute** or until fragrant. Return the beef to the pan with any excess meat juices and stir fry to coat well in the spices. Remove from the pan.

5 Wrap the **mini white corn tortillas** loosely in foil and place in the oven for **5 minutes** to heat up.



6 Serve up the warmed tortillas, Mexican spiced beef, corn salsa, **red cabbage** and guacamole and let everyone create their own sizzling beef taco masterpiece. If you like heat, drizzle the tacos with the **Tapatio hot sauce**.

Did you know? Tortillas were actually canned between the 1930s-1980s - thank goodness that's changed!