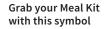


American-Spiced Beef & Cheddar Meatball Tacos

with BBQ Mayo Slaw

KID FRIENDLY









Carrot



All-American



Spice Blend





Shredded Cabbage



Baby Spinach Leaves



BBQ Mayo





Cheddar Cheese





Prep in: 20-30 mins Ready in: 25-35 mins

Who said meatballs can only be in pasta dishes? We've thrown the rule book out the window and packed American-spiced meatballs into mini tortilla wraps! With spinach, slaw and bright cheddar cheese, you'll be thanking us later!

Pantry items Olive Oil, Egg

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
beef mince	1 small packet	2 small packets OR 1 large packet		
All-American spice blend	1 medium sachet	2 medium sachets OR 1 large sachet		
fine breadcrumbs	1 medium packet	1 large packet		
egg*	1	2		
shredded cabbage mix	1 medium bag	1 large bag		
baby spinach leaves	1 small bag	1 medium bag		
BBQ mayo	1 medium packet	1 large packet		
mini flour tortillas	6	12		
Cheddar cheese	1 medium packet	1 large packet		
pork mince**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3398kJ (812Cal)	709kJ (169Cal)
Protein (g)	47.6g	9.9g
Fat, total (g)	40.1g	8.4g
- saturated (g)	13.1g	2.7g
Carbohydrate (g)	62.1g	13g
- sugars (g)	16.6g	3.5g
Sodium (mg)	1494mg	312mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3372kJ (806Cal)	704kJ (168Cal)
Protein (g)	44.2g	9.2g
Fat, total (g)	41.1g	8.6g
- saturated (g)	12.7g	2.7g
Carbohydrate (g)	62.1g	13g
- sugars (g)	16.6g	3.5g
Sodium (mg)	1492mg	311mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





Get prepped

- Grate carrot.
- In a medium bowl, combine beef mince, All-American spice blend, fine breadcrumbs, the egg and a pinch of salt.
- Using damp hands, roll heaped spoonfuls of beef mixture into small meatballs (5-6 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs! Make sure to wash your hands well afterwards.

Custom Recipe: If you've swapped to pork mince, combine the pork mince in the same way as the beef mince.



Assemble the slaw & heat the tortillas

- Meanwhile, in a large bowl, combine shredded cabbage mix, carrot,
 baby spinach leaves, half the BBQ mayo and a drizzle of olive oil. Season.
- Microwave mini flour tortillas on a plate in 10 second bursts, until warmed through.

Little cooks: Take the lead by tossing the slaw!



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook meatballs, turning, until browned and cooked through, 8-10 minutes (cook in batches if your pan is getting crowded).

Custom Recipe: Heat pan as above. Cook pork meatballs in the same way as the beef meatballs.



Serve up

- Halve meatballs. Spread each tortilla with the remaining BBO mayo.
- Top with slaw and American-spiced beef meatballs.
- Sprinkle over Cheddar cheese to serve. Enjoy!