



American-Spiced Beef & Cheddar Meatball Tacos

with BBQ Mayo Slaw

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Beef Mince



All-American Spice Blend



Fine Breadcrumbs



Shredded Cabbage Mix



Baby Spinach Leaves



BBQ Mayo



Mini Flour Tortillas



Cheddar Cheese



Pork Mince

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

| | 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.

We're here to help!

Scan here if you have any questions or concerns



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 **BBQ mayo**.
- Top with slaw and American-spiced beef meatballs.
- Sprinkle over **Cheddar cheese** to serve. Enjoy!

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