

# Quick Smokey Beef Tacos & Harissa Mayo

with Flaked Almonds

ADAPT FOR KIDS

NEW

Grab your meal kit with this number

19



Cucumber



Tomato



Harissa Paste



Mayonnaise



Beef Mince



Paprika Spice Blend



Mixed Salad Leaves



Balsamic Vinaigrette Dressing



Mini Flour Tortillas



Flaked Almonds



Beef Rump



Chicken Tenderloins

Prep in: 10-20 mins  
Ready in: 15-25 mins

Get ready for a flavour explosion! Our trusty paprika spice blend gives the beef a smouldering flavour while the homemade harissa mayo will bring the right amount of spice. We haven't forgotten about the kids either! Simply follow the adapt for kids steps to ensure satisfaction for the whole family.

### Pantry items

Olive Oil, Honey



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
<b>olive oil*</b>	refer to method	refer to method
cucumber	1	2
tomato	1	2
harissa paste	1 medium packet	2 medium packets
mayonnaise	1 medium packet	1 large packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
paprika spice blend	1 sachet	2 sachets
<b>honey*</b>	½ tbs	1 tbs
mixed salad leaves	1 medium packet	1 large packet
balsamic vinaigrette dressing	1 packet	2 packets
mini flour tortillas	6	12
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3267kJ (781Cal)	754kJ (180Cal)
Protein (g)	38.5g	8.9g
Fat, total (g)	42.8g	9.9g
- saturated (g)	10.5g	2.4g
Carbohydrate (g)	57.6g	13.3g
- sugars (g)	14.1g	3.3g
Sodium (mg)	1184mg	273mg
Dietary Fibre (g)	7.9g	1.9g

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

1



## Get prepped

- Thinly slice **cucumber** into sticks.
- Cut **tomato** into thin wedges.
- In a small bowl, combine half the **harissa paste** and **mayonnaise**. Set aside.

**ADAPT FOR KIDS:** *Keep it mild! Reserve half the mayo for the kid's portion.*

2



## Cook the beef

- Heat a large frying pan over medium-high heat. Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **paprika spice blend**, and cook until fragrant, **1 minute**. Remove from heat and stir in the **honey**.

3



## Heat the tortillas

- In a large bowl, combine **mixed salad leaves**, **cucumber**, **tomato** and **balsamic vinaigrette dressing**. Season to taste.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.

4



## Serve up

- Spread tortillas with harissa mayo, then top with salad and smoky beef.
- Garnish with **flaked almonds** to serve. Enjoy!

**ADAPT FOR KIDS:** *Spread tortillas with the reserved mayo, then top with some salad and smoky beef.*

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS



#### SWAP TO BEEF RUMP

Thinly slice beef rump into strips. Cook as above, for 1-2 minutes.



#### SWAP TO CHICKEN TENDERLOINS

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

