



Cheeseburger Beef Meatball Tacos

with Cos Salad & Burger Sauce

KID'S KITCHEN

NEW

Grab your meal kit with this number

44



Carrot



Apple



Baby Cos Lettuce



Beef Mince



Fine Breadcrumbs



All-American Spice Blend



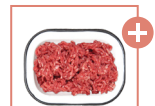
Cheddar Cheese



Mini Flour Tortillas



Burger Sauce



Beef Mince



Pork Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

It's all hands on deck, this recipe is designed to be cooked by grown-ups and kids together! Get your hands dirty and whip up some tasty meatballs that get the cheesy tick of approval. Paired with a fresh and crispy salad, this no cutlery meal is going to become a cult classic.

Pantry items

Olive Oil, Egg, White Wine Vinegar

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 with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
apple	1	2
baby cos lettuce	½ head	1 head
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
egg*	1	2
Cheddar cheese	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
burger sauce	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3760kJ (899cal)	377kJ (90cal)
Protein (g)	46.9g	4.7g
Fat, total (g)	46.8g	4.7g
- saturated (g)	14.7g	1.5g
Carbohydrate (g)	69.5g	7g
- sugars (g)	19.4g	1.9g
Sodium (mg)	1309mg	131.2mg
Dietary Fibre (g)	11.6g	1.2g

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**.
- Thinly slice **apple** into sticks.
- Finely shred **baby cos lettuce** (see ingredients).

Little cooks: Help wash and tear the salad leaves!



Toss the salad

- Meanwhile, in a large bowl, combine **cos lettuce**, **apple**, **carrot** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste with **salt** and **pepper**.

Little cooks: Take the lead by tossing the salad!



Prep the meatballs

- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, **All-American spice blend** and the **egg**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (6-8 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!



Heat the tortillas

- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.



Cook the meatballs

- Heat a large frying pan over high heat with a drizzle of **olive oil**.
- Cook **meatballs**, turning, until browned, **5-7 minutes** (cook in batches if your pan is getting crowded).
- In the last **1-2 minutes** of cook time, sprinkle **Cheddar cheese** over meatballs and cover with a lid (or foil) until cheese melts.



Serve up

- Top each tortilla with **burger sauce**, **cos salad** and **cheeseburger beef meatballs** to serve. Enjoy!

Little cooks: Take the lead and help build the tacos!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.



SWAP TO PORK MINCE

Follow method above.

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

