

# Spiced Beef & Hummus Tacos

with Tomato-Cucumber Salsa

Grab your Meal Kit with this symbol



Red Onion



Garlic



Tomato



Cucumber



Parsley



Hummus



Beef Mince



Chermoula Spice Blend



Tomato Paste



Beef Stock Pot



Mini Flour Tortillas



Mixed Salad Leaves

 Hands-on: 15-25 mins  
Ready in: 20-30 mins

We've given these tacos a little Middle Eastern twist. These eye-catching handheld delights tick all the boxes – saucy mince, crisp veggies, and our secret ingredient, chermoula spice blend, for loads of flavour!

### Pantry items

Olive Oil, White Wine Vinegar, Brown Sugar, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
garlic	2 cloves	4 cloves
tomato	1	2
cucumber	1	2
parsley	1 bag	1 bag
hummus	1 tub (100g)	1 tub (200g)
water* (for the hummus)	1 tbs	2 tbs
beef mince	1 small packet	1 medium packet
white wine vinegar*	2 tsp	1 tbs
chermoula spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
beef stock pot	1 tub (20g)	1 tub (40g)
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
water* (for the beef)	¼ cup	½ cup
mini flour tortillas	6	12
mixed salad leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3518kJ (840Cal)	627kJ (149Cal)
Protein (g)	40.1g	7.1g
Fat, total (g)	45.6g	8.1g
- saturated (g)	14g	2.5g
Carbohydrate (g)	61.5g	11g
- sugars (g)	18.7g	3.3g
Sodium (mg)	1772mg	316mg

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://www.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

Thinly slice the **red onion**. Finely chop the **garlic**. Finely chop the **tomato** and **cucumber**. Roughly chop the **parsley**. Mix the **hummus** with the **water (for the hummus)**.



## Make is saucy

Add the **chermoula spice blend**, **tomato paste**, **beef stock pot** and **brown sugar** to the **beef**. Cook, stirring, until fragrant, **1-2 minutes**. Add the **butter** and **water (for the beef)** and simmer until the sauce has thickened, **1-2 minutes**. Season to taste.



## Cook the mince

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Add the **onion** and cook until softened, **3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**.



## Heat the tortillas

Heat the **mini flour tortillas** on a plate in the microwave for **10 second** bursts, until warmed through.



## Make the tomato salsa

While the beef is cooking, add the **cucumber**, **tomato** and **parsley** to a medium bowl. Add the **white wine vinegar**, a drizzle of **olive oil** and season with **salt** and **pepper**.



## Serve up

Toss the salsa to coat. Bring everything to the table to serve. Build your tacos by filling each tortilla with **mixed salad leaves**, Turkish spiced beef and cucumber salsa. Drizzle with the hummus.

## Enjoy!