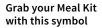
Spiced Beef & Hummus Tacos with Tomato-Cucumber Salsa























Chermoula Spice



Tomato Paste



Beef Stock



Mini Flour Tortillas



Mixed Salad Leaves

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

9		
	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)	1/4 cup	½ cup
mini flour tortillas	6	12
mixed salad leaves	1 bag (30g)	1 bag (60g)

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
3518kJ (840Cal)	627kJ (149Cal)
40.1g	7.1g
45.6g	8.1g
14g	2.5g
61.5g	11g
18.7g	3.3g
1772mg	316mg
	3518kJ (840Cal) 40.1g 45.6g 14g 61.5g 18.7g

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

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).



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**.



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**.



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.



Heat the tortillas

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



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!