



DINNER - TEX-MEX BEEF TACOS

LUNCH - CHEESY SWEET POTATO BEEF BOWL

DINNER TO LUNCH



Cook once,
eat twice!



DINNER

LUNCH

-  Sweet Potato
-  Brown Onion
-  Red Capsicum
-  Garlic
-  Carrot
-  Cos Lettuce
-  Beef Mince
-  Tex-Mex Spice Blend
-  Diced Tomatoes
-  Tomato
-  Coriander
-  Mini Flour Tortillas
-  Greek Yoghurt
-  Shredded Cheddar Cheese

- FOR YOUR LUNCH**
-  Sweetcorn
 -  Green Beans

DINNER
Hands-on: 35 mins
Ready in: 40 mins

LUNCH
Ready in: 5 mins

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new twist on the recipe to create something different for lunch the next day! Start with Tex-Mex beef tacos, loaded with tasty toppings, then add a trio of veggies to the beef mixture and turn it into a Mexican chilli to enjoy for lunch. Extra delicious!

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **oven tray** lined with **baking paper** • **large frying pan**

DINNER



1 ROAST THE SWEET POTATO

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Place the sweet potato on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, then roast until softened, **20-25 minutes**. Set aside for your lunch!

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time.



2 GET PREPPED

While the **sweet potato** is roasting, finely chop the **brown onion**. Finely chop the **red capsicum**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Shred the **cos lettuce** (see ingredients list).



3 COOK THE MEXICAN BEEF

Heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Add the **beef mince** and cook, breaking up with a wooden spoon, until browned, **4-5 minutes**. Add the **onion** and **capsicum** and cook, stirring, until softened, **3-4 minutes**. Add the **carrot** and cook until softened, **2 minutes**. Add the **garlic** and **Tex-Mex spice blend** and cook until fragrant, **1 minute**. Stir through the **diced tomatoes** (see ingredients list), the **salt** and **water** and cook until well combined, **1-2 minutes**. Season to taste with **salt** and **pepper**.



4 MAKE THE TOMATO SALSA

While the beef is cooking, finely chop the **tomato**. Roughly chop the **coriander**. Place the tomato and **1/2** the **coriander** in a small bowl. **Drizzle** with **olive oil**, season to taste with **salt** and **pepper** and toss to combine. Heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through.



5 SERVE UP DINNER

Set aside **two portions** (about 1 cup) of the **Mexican beef** for your lunch, then take everything to the table. Top your **tortillas** with the **cos lettuce** and Mexican beef. Add a dollop of **Greek yoghurt** (reserve two packets for your lunch). Sprinkle with a little **shredded Cheddar cheese** (we will use most of it for lunch!) and finish with the **tomato salsa**.

LUNCH



6 MAKE LUNCH

When you're ready to make lunch, drain the **sweetcorn**. Trim the **green beans** and cut into thirds. Divide the reserved **Mexican beef** between two microwavable containers. Top with **sweetcorn**, **green beans** and **roasted sweet potato**. Sprinkle with the remaining **shredded Cheddar cheese** and **coriander**. Pack the **Greek yoghurt** separately. Refrigerate. At lunch, microwave the beef bowl for **2-3 minutes** or until piping hot. Top with Greek yoghurt.

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	1	1
brown onion	1	2
red capsicum	1	2
garlic	3 cloves	5 cloves
carrot	1	2
cos lettuce	½ head	1 head
beef mince	1 packet	1 large & 1 small packet
Tex-Mex spice blend	2 sachets	3 sachets
diced tomatoes	1 tin (400 g)	1½ tins (600 g)
salt*	¼ tsp	½ tsp
water*	¼ cup	½ cup
tomato	1	2
coriander	1 bag	1 bag
mini flour tortillas	6	12
Greek yoghurt	3 packets (300 g)	4 packets (400 g)
shredded Cheddar cheese	1 packet (100 g)	3 packets (150 g)
sweetcorn	1 tin (125 g)	1 tin (125 g)
green beans	1 bag (100 g)	1 bag (100 g)

*Pantry Items

NUTRITION

DINNER	PER SERVING	Per 100G
Energy (kJ)	3610kJ (864Cal)	431kJ (103Cal)
Protein (g)	56.8g	6.8g
Fat, total (g)	35.1g	4.2g
- saturated (g)	15.4g	1.8g
Carbohydrate (g)	72.9g	8.7g
- sugars (g)	26.1g	3.1g
Sodium (g)	1770mg	211mg

LUNCH	PER SERVING	Per 100G
Energy (kJ)	2110kJ (503Cal)	371kJ (89Cal)
Protein (g)	37.9g	6.7g
Fat, total (g)	21.9g	3.9g
- saturated (g)	11.8g	2.1g
Carbohydrate (g)	35.2g	6.2g
- sugars (g)	22.1g	3.9g
Sodium (g)	667mg	117mg

For allergens and ingredient information, visit

[HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

Please call us with any questions or concerns | (02) 8188 8722

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