



# Chipotle Beef Mince Tacos

with carrot slaw and roasted pepper

Quick Cook 20-25 mins • Spicy

15



Beef Mince



Aioli



Chipotle Paste



Salad Leaves



Mexican Style Spice Mix



Tortilla



Carrot



Bell Pepper



Red Wine Vinegar

Pantry Items: Oil, Salt, Pepper



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, grater

## Ingredients

|                         | 2P        | 4P        |
|-------------------------|-----------|-----------|
| Beef Mince              | 250 g     | 500 g     |
| Aioli                   | 1 sachet  | 2 sachets |
| Chipotle Paste          | 1 sachet  | 2 sachets |
| Salad Leaves            | 40 g      | 80 g      |
| Mexican Style Spice Mix | 2 sachets | 4 sachets |
| Tortilla                | 8 units   | 16 units  |
| Carrot                  | 1 unit    | 2 units   |
| Bell Pepper             | 1 unit    | 2 units   |
| Red Wine Vinegar        | 1 sachet  | 2 sachets |

## Nutrition

|                                 | Per serving            | Per 100g                |
|---------------------------------|------------------------|-------------------------|
| <b>for uncooked ingredients</b> | <b>456 g</b>           | <b>100 g</b>            |
| Energy (kJ/kcal)                | 3426.7 kJ/<br>819 kcal | 751.5 kJ/<br>179.6 kcal |
| Fat (g)                         | 44 g                   | 9.6 g                   |
| Sat. Fat (g)                    | 14.7 g                 | 3.2 g                   |
| Carbohydrate (g)                | 68.7 g                 | 15.1 g                  |
| Sugars (g)                      | 14.6 g                 | 3.2 g                   |
| Protein (g)                     | 36.1 g                 | 7.9 g                   |
| Salt (g)                        | 3 g                    | 0.7 g                   |

*Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.*

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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## Get Prepped

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Trim the **carrot**, then coarsely grate (no need to peel).
- Pop the **pepper** onto a lined baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat.
- When the oven is hot, roast on the top shelf until soft and slightly charred, 10-12 mins.



## Divide and Serve

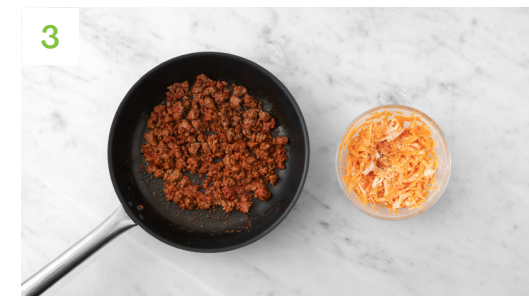
- Serve the **carrot** slaw, spiced **beef mince**, dressed **salad leaves** and roasted **peppers** separately.
- Divide the warmed **tortillas** between plates.
- Allow everyone to assemble their own chipotle **beef** tacos at the table.

## Enjoy!



## Fry the Mince

- Meanwhile, place a pan over medium-high heat (without oil).
- Once hot, add the **beef mince** and fry until browned, 5-6 mins.
- Use a spoon to break the **mince** up as it cooks. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.



## Finish the Fillings

- Add the **Mexican spice mix** and **chipotle paste** to the pan and fry until fragrant, 2-3 mins. Season to taste with **salt** and **pepper**.
- To make the slaw, mix the grated **carrot** with the **aioli**.
- Pop the **tortillas** into the oven to warm, 1-2 mins.
- In a separate bowl for the salad, mix the **vinegar** with 1 tbsp **oil** (double for 4p).
- Just before serving, toss the **salad leaves** through the dressing and season with **salt** and **pepper**.