



# Turkey Mince and Black Bean Tacos

with chipotle tomatoes and pickled onion

Quick Cook 20-25 mins • Spicy

15



Turkey Mince



Onion



Tomato



Salad Leaves



Black Beans



Lime



Chipotle Paste



Tomato Paste



Chicken Stock



Tortilla



Mayo

Pantry Items: Water, Oil, Pepper, Salt, Sugar, Butter



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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

Sieve

## Ingredients

	2P	4P
Turkey Mince	250 g	500 g
Onion	1 unit	2 units
Tomato	2 units	4 units
Salad Leaves	40 g	80 g
Black Beans	1 pack	2 packs
Lime	1 unit	2 units
Chipotle Paste	1 sachet	2 sachets
Tomato Paste	1 tin	2 tin
Chicken Stock	1 sachet	2 sachets
Tortilla	8 units	16 units
Mayo	2 sachets	4 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	659.5 g	100 g
Energy (kJ/kcal)	5030 kJ/ 1202 kcal	763 kJ/ 182 kcal
Fat (g)	18.2 g	2.8 g
Sat. Fat (g)	16.2 g	0.9 g
Carbohydrate (g)	90.2 g	13.9 g
Sugars (g)	16.3 g	2.5 g
Protein (g)	52.4 g	8.1 g
Salt (g)	4.1 g	0.63 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 (for the **tortillas**) to 220°C/200°C fan/gas mark 7.
- Halve, peel and thinly slice the **onion**.
- Chop the **tomatoes** into 2cm chunks.
- Drain and rinse the **black beans** in a sieve.
- Juice **half** the **lime** and cut the rest into thick wedges.

**TIP:** If you want to avoid turning on your oven you can dry-fry your tortillas in a pan instead!



## Simmer the Stock

- Add 100ml **water** (double for 4p) to the pan along with the **stock powder** and stir to dissolve.
- Stir in the **black beans** and gently crush with the back of a fork.
- Season to taste with **salt** and **pepper**.
- Bring to a simmer and cook until thickened, 5-6 mins.
- Stir through a knob of **butter** and the **chipotle paste**.



## Pickle the Onion

- In a bowl, mix the **lime** juice with ¼ tsp **salt** and ¼ tsp **sugar** (double both for 4p).
- Add **half** the **onion**.
- Give it a good stir then set aside.



## Finishing Touches

- Meanwhile, add the **tomatoes** to a bowl.
- Drizzle with **oil**, season with **salt** and **pepper** and mix well to combine.
- When the **mince** is nearly ready, pop the **tortillas** into the oven to warm, 1-2 mins.

**TIP:** Add a splash of water to the mince if you feel it's become too dry.



## Brown the Mince

- Place a large pan over medium-high heat (without oil).
- Once hot, add the **mince** and fry until browned, 6-8 mins.
- Use a spoon to break it up as it cooks.  
**IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.
- Once browned, add the remaining **onion** and cook, stirring, until slightly softened, 2-3 mins.
- Add the **tomato paste** and cook, stirring, for 1 min.



## Assemble and Serve

- Divide the warmed **tortillas** between plates and spoon over the **mince** and **black bean** mixture.
- Top with the **salad leaves** then spoon over the **tomatoes**.
- Finish with the pickled **onion** and drizzle of **mayo**.
- Serve with **lime** wedges alongside.

**Enjoy!**