

# Charred Veg and Turkey Tortillas

with sweetcorn and zesty creme fraiche

Quick Cook 20 – 25 mins • Optional spice

18



Turkey Mince



Tortilla



Sweetcorn



Bell Pepper



Chilli



Onion



Central American Style Spice Mix



Garlic



Creme Fraiche



Tomato Paste



Scallion



Lime

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



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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

Grater, sieve, zester

## Ingredients

	2P	4P
Turkey Mince	250 g	500 g
Tortilla	8 units	16 units
Sweetcorn	1 pack	2 packs
Bell Pepper	1 unit	2 units
Chilli	½ unit	1 unit
Onion	1 unit	2 units
Central American Style Spice Mix	2 sachets	4 sachets
Garlic	1 unit	2 units
Creame Fraiche	110 g	220 g
Tomato Paste	1 tin	2 tins
Scallion	1 unit	2 units
Lime	1 unit	2 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	575.3 g	100 g
Energy (kJ/kcal)	3100.3 kJ/ 741 kcal	538.9 kJ/ 128.8 kcal
Fat (g)	25.2 g	4.4 g
Sat. Fat (g)	14 g	2.4 g
Carbohydrate (g)	84.4 g	14.7 g
Sugars (g)	20.3 g	3.5 g
Protein (g)	46.9 g	8.2 g
Salt (g)	3.1 g	0.5 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 and deseed the **bell pepper**. Chop into 1cm chunks.
- Drain and rinse the **corn** in a sieve. Peel and grate the **garlic** (or use a garlic press).
- Halve, peel and thinly slice the **onion**.
- Halve the **chilli** and discard the core and seeds. Finely chop **half** (double for 4p).

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



## Warm the Tortillas

- Meanwhile, pop the **tortillas** in the oven to warm, 1-2 mins.
- Roughly trim and thinly slice the **scallion**.



## Char the Veg

- Place a pan over medium-high heat with a drizzle of **oil**.
- When the pan is hot, add the **onion, pepper, corn** and chopped **chilli** (use less if you don't like spice).
- Cook, stirring occasionally, until the veg is dark golden brown, 4-5 mins.

**TIP:** Char in batches if necessary to avoid overcrowding the pan.



## Mix the Creame Fraiche

- Zest and quarter the **lime**.
- In a small bowl, stir together **creme fraiche** and **lime** zest.
- Season to taste with **salt, pepper** and **lime** juice.



## Cook the Turkey

- Add the **turkey, garlic** and **Central American spice** with a drizzle of **oil** if necessary.
- Fry until browned on the outside, breaking it up as it cooks, 3-4 mins.
- Add **tomato paste**, ½ tsp **sugar** and 25ml of **water** (double both for 4p). Simmer for 2-3 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.
- Season to taste with **salt** and **pepper**. Add a splash more **water** to loosen if required.



## Assemble and Serve

- Divide the **tortillas** between plates, then top with **turkey** taco filling.
- Dollop on a helping of zesty **creme fraiche**.
- Sprinkle with **scallion** and serve remaining **lime** wedges alongside.

Enjoy!