



# Mexican Spiced Beef Tortillas

with zesty creme fraiche

Family Quick Cook 20-25 mins

6



Beef Mince



Beef Stock



Passata



Red Kidney Beans



Creme Fraiche



Scallion



Lime



Bell Pepper



Tortilla



Mexican Style Spice Mix



Worcester Sauce

Pantry Items: Salt, Pepper



## Before you start

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

## Cooking tools you will need

Zester, Sieve

## Ingredients

	2P	4P
Beef Mince	250 g	500 g
Beef Stock	1 sachet	2 sachets
Passata	1 pack	2 packs
Red Kidney Beans	1 pack	2 packs
Creme Fraiche	62 ½ g	125 g
Scallion	1 unit	2 units
Lime	½ unit	1 unit
Bell Pepper	1 unit	2 units
Tortilla	4 units	8 units
Mexican Style Spice Mix	1 sachet	2 sachets
Worcester Sauce	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>580.8 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2597.7 kJ/ 620.9 kcal	447.3 kJ/ 106.9 kcal
Fat (g)	33.2 g	5.7 g
Sat. Fat (g)	16.7 g	2.9 g
Carbohydrate (g)	41.3 g	7.1 g
Sugars (g)	13.7 g	2.4 g
Protein (g)	39.9 g	6.9 g
Salt (g)	2.1 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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.

## Contact

Thumbs up or thumbs down?  
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### Cook the Beef

- Preheat your oven to 220°C/200°C fan/gas mark 7. Place a pan on medium-high heat (no oil).
- Once the pan is hot, add the **beef mince** and fry until browned, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince.
- Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**.



### Warm the Tortillas

- Pop half the **tortillas** (double for 4p) into the oven to warm, 1-2 mins.



### Prep the Veg

- Halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks.
- Zest and chop half the **lime** into wedges (double for 4p).
- Trim and thinly slice the **scallion**.
- Drain and rinse the **kidney beans**.



### Make the Creme Zest

- Mix the **lime** zest into the **creme fraiche**.



### Simmer the Sauce

- Add the **pepper** and **Mexican style spice mix** to the **beef mince** and fry for 1 min.
- Mix in the **Worcester sauce, passata, kidney beans** and **beef stock**.
- Using the back of a spoon, crush half the **kidney beans** once they're in the pan.
- Bring to the boil, reduce heat to low-medium and simmer until thickened, 7-8 mins. Season to taste with **salt** and **pepper**. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



### Garnish and Serve

- Dish up the **tortillas**.
- Top with a generous helping of the Mexican spiced **beef mince**.
- Spoon on a dollop of creme zest and a sprinkling of the **scallion**.
- Serve with **lime** wedges alongside.

Enjoy!