



# UCCOOK

## Haute Cabrière Smashed Wagyu Tacos

with a tomato, spring onion & gherkin salsa

**Hands-on Time:** 35 minutes

**Overall Time:** 40 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Haute Cabrière

**Wine Pairing:** Haute Cabrière | Tranquille Classique

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 820kJ    | 4440kJ      |
| Energy             | 197kcal  | 1065kcal    |
| Protein            | 8.5g     | 45.9g       |
| Carbs              | 11g      | 61g         |
| of which sugars    | 2.4g     | 13.2g       |
| Fibre              | 1.4g     | 7.6g        |
| Fat                | 12.9g    | 69.9g       |
| of which saturated | 4.5g     | 24.5g       |
| Sodium             | 282mg    | 1524mg      |

**Allergens:** Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Soya, Allium

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                           |
|----------|------------|-----------------------------------------------------------------------------------------------------------|
| 10g      | 20g        | Almonds<br><i>roughly chop</i>                                                                            |
| 50ml     | 100ml      | Hellmann's Tangy Mayonnaise                                                                               |
| 20ml     | 40ml       | Taco Sauce<br><i>(10ml [20ml] Tomato Sauce, 5ml [10ml] Worcestershire Sauce &amp; 5ml [10ml] Mustard)</i> |
| 150g     | 300g       | Wagyu Beef Mince                                                                                          |
| 1        | 1          | Spring Onion<br><i>rinse, trim &amp; finely slice</i>                                                     |
| 2 units  | 4 units    | Wheat Flour Tortilla                                                                                      |
| 50g      | 100g       | Grated Mozzarella & Cheddar Cheese                                                                        |
| 1        | 1          | Tomato<br><i>rinse &amp; roughly dice ½ [1]</i>                                                           |
| 10g      | 20g        | Piquanté Peppers<br><i>drain</i>                                                                          |
| 20g      | 40g        | Gherkins<br><i>drain &amp; finely chop</i>                                                                |
| 20g      | 40g        | Salad Leaves<br><i>rinse &amp; finely shred</i>                                                           |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (Salt & Pepper)  
Water  
Sugar/Sweetener/Honey

1. **ALL THE ALMONDS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. **CREAMY TACO SAUCE** In a bowl, combine the mayo with the taco sauce.

3. **MMMINCE** To a bowl, combine the mince, spring onion, and seasoning. Divide the mince mixture into 2 [4] meatballs. Place each ball onto a tortilla. Spread thinly across the tortilla surface using your hands or a spatula (the beef layer should be thin for proper crisping).

4. **SAY CHEESE!** Place a pan (with a lid) over medium heat with a drizzle of oil. When hot, fry the tortillas, meat-side down, until browned and cooked, 2-3 minutes. Flip and scatter evenly with the cheese. Cover to melt, 1-2 minutes. Remove from the pan and set aside.

5. **LET'S SALSA** In a bowl, combine the tomato, piquanté peppers, gherkins, a drizzle of olive oil, and seasoning.

6. **TAKE A PIC AND SHARE** Plate up the tacos and top with the salad leaves and the zingy tomato salsa. Drizzle over the taco sauce. Garnish with the toasted almonds. Fold up and dig in!