

# QCOOK

## Tortilla Beef Mince Kebabs

with avocado salad

**Hands-on Time:** 45 minutes

**Overall Time:** 45 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Stonecross Shiraz

### Nutritional Info

	Per 100g	Per Portion
Energy	716kJ	4598kJ
Energy	171kcal	1100kcal
Protein	6.3g	40.4g
Carbs	11g	69g
of which sugars	1g	6.2g
Fibre	3.2g	20.7g
Fat	11.7g	74.8g
of which saturated	3.6g	23g
Sodium	138mg	887mg

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

**Spice Level:** Mild

Eat Within 3 Days



## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
450g	600g	Beef Mince
2	2	Garlic Cloves <i>peel &amp; grate</i>
15ml	20ml	Old Stone Mill Mexican Spice
8g	10g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>
6	8	Wheat Flour Tortillas
9	12	Wooden Skewers
45ml	60ml	Lime Juice
240g	320g	Baby Tomatoes <i>rinse &amp; cut in half</i>
2	2	Avocados <i>cut in half &amp; roughly dice 1½</i> <i>[2]</i>
60g	80g	Green Leaves <i>rinse</i>
125ml	160ml	Sour Cream
8g	10g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Water  
Seasoning (salt & pepper)  
Butter

**1. SOME PREP** In a bowl, combine the mince, garlic, spice, parsley, and seasoning. Spread the mince evenly over the tortillas. Roll them up into tight logs and slice the logs into 2cm rounds. Thread the rounds onto the skewers by inserting through the tortilla side (not the mince side). Secure the ends if they open and continue to gently thread onto the skewers. Once complete, ensure the mince round side is facing upward, then set aside.

**2. CRISPY KEBABS** Place a pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the kebabs until golden all round and cooked through, 6-8 minutes, shifting as they colour. You may need to do this step in batches. Remove from the pan. Alternatively, coat the kebabs in oil and air fry at 200°C until crispy, 12-15 minutes (shifting halfway).

**3. SALAD & HERBY SOUR CREAM** In a salad bowl, combine the lime juice with a drizzle of olive oil, and mix to emulsify. Add the baby tomatoes, avocado, green leaves, seasoning, and toss to combine. In a small bowl, combine the sour cream and ½ of the coriander.

**4. IT'S THAT TIME** Plate up the tortilla beef mince kebabs and side with the avocado salad. Serve the herby sour cream on the side for dipping and garnish with a sprinkle of the remaining coriander. Well done, Chef!