



UCCOOK

Haute Cabrière Smashed Wagyu Tacos

with a tomato, spring onion & gherkin salsa

Hands-on Time: 30 minutes

Overall Time: 35 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 <i>roughly chop</i>
50ml	100ml	Hellmann's Tangy Mayonnaise
20ml	40ml	Taco Sauce <i>(10ml [20ml] Tomato Sauce, 5ml [10ml] Worcestershire Sauce & 5ml [10ml] Mustard)</i>
150g	300g	Wagyu Beef Mince
1	1	Spring Onion <i>rinse, trim & finely slice</i>
2 units	4 units	Wheat Flour Tortilla
50g	100g	Grated Mozzarella & Cheddar Cheese
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
10g	20g	Piquanté Peppers <i>drain</i>
20g	40g	Gherkins <i>drain & finely chop</i>
20g	40g	Salad Leaves <i>rinse & 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!