



# UCCOOK

## Harissa-spiced Lamb Tacos

with guacamole, spring onion & corn

A dinner for the books! Soft shell corn tortillas are piled high with harissa-infused mince & beans, and topped with creamy guacamole. Served alongside a fresh corn, tomato, and spring onion salsa, there is no going wrong with this fabulous tortilla dinner!

---

**Hands-On Time:** 10 minutes

**Overall Time:** 20 minutes

---

**Serves:** 1 Person

---

**Chef:** Thea Richter

---

 Quick & Easy

---

 Niel Joubert | Reserve Shiraz

---

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

|      |                                                                                             |
|------|---------------------------------------------------------------------------------------------|
| 150g | Free-range Lamb Mince                                                                       |
| 60g  | Black Beans<br><i>drained &amp; rinsed</i>                                                  |
| 10ml | Harissa                                                                                     |
| 3    | Soft Shell Corn Tortillas                                                                   |
| 50g  | Corn                                                                                        |
| 1    | Tomato<br><i>roughly diced</i>                                                              |
| 1    | Spring Onion<br><i>roughly sliced, keeping<br/>the white &amp; green parts<br/>separate</i> |
| 30ml | Sour Cream                                                                                  |
| 40g  | Guacamole                                                                                   |
| 20g  | Green Leaves<br><i>rinsed &amp; gently shredded</i>                                         |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. HEY, HARISSA!** Preheat the oven to 80°C. Place a nonstick pan over a high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 3-4 minutes until browned, shifting occasionally. Add the drained black beans and fry for 2-3 minutes until warmed through and starting to crisp, shifting occasionally. Add the harissa and fry for 1 minute, until fragrant, shifting occasionally. Remove from the heat on completion. Season to taste.

**2. TOASTY TORTILLAS** Place the tortillas on a baking tray in a single layer. Pop in the hot oven and bake for 2-3 minutes until warmed through.

**3. LET'S SALSA!** In a bowl, combine the corn, diced tomato, spring onion whites, a drizzle of oil, and seasoning. Loosen the sour cream with water in 5 ml increments until drizzling consistency.

**4. TACO TUESDAY & ANYDAY!** Lay down the toasty tortillas and smear on the guacamole. Top with the green leaves, harissa mince & beans, and the corn salsa. Drizzle over the sour cream and sprinkle with the spring onion greens. Stunning, Chef!



## Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 734kJ   |
| Energy             | 175Kcal |
| Protein            | 8.6g    |
| Carbs              | 16g     |
| of which sugars    | 2.4g    |
| Fibre              | 2g      |
| Fat                | 8.6g    |
| of which saturated | 3.2g    |
| Sodium             | 232mg   |

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days