



WCOOK

Smashed Beef Burger Tacos

with a tomato, spring onion & gherkin salsa

Hands-on Time: 30 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Stettyn Wines | Stettyn Family Range
Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	853.8kJ	4450.8kJ
Energy	204.3kcal	1065kcal
Protein	9g	46.9g
Carbs	11g	59.9g
of which sugars	2.4g	12.6g
Fibre	1.5g	7.6g
Fat	13.2g	68.9g
of which saturated	4.4g	23.1g
Sodium	281.6mg	1468.1mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Almonds <i>roughly chop</i>
50ml	100ml	Hellmann's Tangy Mayo
20ml	40ml	Taco Sauce <i>(10ml [20ml] Tomato Sauce, 5ml [10ml] Worcestershire Sauce & 5ml [10ml] Dijon Mustard)</i>
1	2	Beef Burger Patty/ies
2	4	Wheat Flour Tortillas
40g	80g	Grated Mozzarella & Cheddar Cheese
1	1	Tomato <i>rinse & roughly dice</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>
10g	20g	Piquanté Peppers <i>drain</i>
10g	20g	Gherkins <i>drain & finely chop</i>
20g	40g	Green 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, a sweetener (to taste), a drizzle of oil, and seasoning. Set aside.

3. **TACO MEATBALLS** To a bowl, add the burger patty/ies and season. Break up the patty/ies and mix to combine. Divide the mince mixture into 2 [4] small meatballs. Lay the tortillas out and press a meatball onto each one in a thin layer.

4. **CHEESY MEATBALLS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, fry the tortillas, meat-side down, until browned and cooked, 1-2 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, the spring onion, the piquanté peppers, the gherkins, a drizzle of olive oil and seasoning. Set aside.

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