



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: 15 minutes

Overall Time: 30 minutes

Serves: 3 People

Chef: Thea Richter

 Quick & Easy

 Niel Joubert | Reserve Shiraz

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Ingredients & Prep

450g	Free-range Lamb Mince
180g	Black Beans <i>drained & rinsed</i>
30ml	Harissa
9	Soft Shell Corn Tortillas
150g	Corn
2	Tomatoes <i>roughly diced</i>
3	Spring Onions <i>roughly sliced, keeping the white & green parts separate</i>
125ml	Sour Cream
120g	Guacamole
60g	Green Leaves <i>rinsed & 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 4-5 minutes until browned, shifting occasionally. Add the drained black beans and fry for 3-4 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 3-4 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