

# QCOOK

## Tortilla Beef Mince Kebabs

with avocado salad

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Fan Faves:** Serves 1 & 2

**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:

---

Serves 1	[Serves 2]	
150g	300g	Beef Mince
1	1	Garlic Clove <i>peel &amp; grate</i>
5ml	10ml	Old Stone Mill Mexican Spice
3g	5g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>
2	4	Wheat Flour Tortillas
3	6	Wooden Skewers
15ml	30ml	Lime Juice
80g	160g	Baby Tomatoes <i>rinse &amp; cut in half</i>
1	1	Avocado <i>cut in half &amp; roughly dice ½</i> <i>[1]</i>
20g	40g	Green Leaves <i>rinse</i>
40ml	80ml	Sour Cream
3g	5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

---

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, 4-5 minutes, shifting as they colour. Remove from the pan. Alternatively, coat the kebabs in oil and air fry at 200°C until crispy, 8-10 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!