



UCCOOK

Smoky Beef Mince & Spicy Tacos

with Peruvian green sauce & charred corn

Craving some tacos? We've got you, Chef! Lightly crisped corn tortillas are packed with smoky, chipotle-infused beef mince, charred corn and a spicy, creamy & salty Peruvian sauce (yum!). Garnished with fresh coriander and lime wedges. Trust us, one serving is not enough!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Morgan Otten

Adventurous Foodie

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Canvas 2019

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Ingredients & Prep

150g	Corn
450g	Free-range Beef Mince
2	Onions <i>peel & finely dice 1½</i>
60g	Chipotle Chillies In Adobo <i>finely chop</i>
300ml	Tomato Passata
360g	Cannellini Beans <i>drain</i>
90g	Danish-style Feta <i>drain</i>
3 units	Roasted Garlic Mayo
30g	Sliced Pickled Jalapeños <i>drain</i>
8g	Fresh Coriander <i>rinse & pick</i>
2	Limes <i>rinse, zest & cut into wedges</i>
6	Wheat Flour Tortillas

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Blender
Tea Towel

1. CHARRED CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

2. SMOKY MINCE & BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the diced onion and fry until soft, 4-5 minutes. Add the chopped chipotle chillies and fry until fragrant, 30-60 seconds. Pour in the tomato passata, 450ml of water, and simmer until reduced and thickened, 12-15 minutes. In the final 3-4 minutes, add the drained beans and cook until warmed through. Remove from the heat. Add a sweetener and seasoning.

3. MAKE THE SAUCE To a blender, add the drained feta, the mayo, the drained jalapeños, ¾ of the rinsed coriander, the lime zest, a squeeze of lime juice (to taste), and 6 tbsp of water. Blend until smooth, adding water in 5ml increments if it's too thick, and season.

4. TOAST THE TORTILLAS Place a clean pan over a medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side. You'll need to do this step in batches, stacking the heated ones under a dry tea towel as you go to stop them from drying out.

5. TIME TO EAT Fill up the tortillas with the loaded smoky mince, sprinkle over the charred corn, and drizzle over the Peruvian sauce. Garnish with the remaining coriander leaves and serve with any remaining lime wedges. It's a wrap, Chef!

Nutritional Information

Per 100g

Energy	786kJ
Energy	188kcal
Protein	6.8g
Carbs	14g
of which sugars	2.2g
Fibre	2.2g
Fat	11.2g
of which saturated	3.5g
Sodium	272mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Cow's Milk

Eat
Within
3 Days