

UCCOOK

Smoky Beef Mince & Spicy Tacos

with a zingy green sauce & charred corn

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Morgan Otten

Wine Pairing: Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 697kJ | 5739kJ |
| Energy | 167kcal | 1373kcal |
| Protein | 6g | 49.2g |
| Carbs | 12g | 102g |
| of which sugars | 2.4g | 19.5g |
| Fibre | 2.1g | 17.5g |
| Fat | 10g | 82.5g |
| of which saturated | 3.1g | 25.2g |
| Sodium | 188mg | 1551mg |

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

Spice Level: Hot

Eat Within 3 Days



Ingredients & Prep Actions:

| | | |
|----------|------------|---|
| Serves 3 | [Serves 4] | |
| 150g | 200g | Corn |
| 450g | 600g | Beef Mince |
| 2 | 2 | Onions <i>peel & finely dice 1½ [2]</i> |
| 60g | 80g | Chipotle Chillies In Adobo <i>finely chop</i> |
| 300ml | 400ml | Tomato Passata |
| 360g | 480g | Cannellini Beans <i>drain</i> |
| 90g | 120g | Danish-style Feta <i>drain</i> |
| 150ml | 200ml | Hellmann's Tangy Mayonnaise |
| 30g | 40g | Sliced Pickled Jalapeños <i>drain</i> |
| 8g | 10g | Fresh Coriander <i>rinse & pick</i> |
| 2 | 2 | Fresh Limes <i>rinse, zest & cut into wedges</i> |
| 6 | 8 | Wheat Flour Tortillas |

From Your Kitchen

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

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. Fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). Add the onion and fry until soft, 4-5 minutes. Add the chipotle chillies and fry until fragrant, 30-60 seconds. Pour in the tomato passata, 450ml [600ml] of water, and simmer until reduced and thickened, 15-20 minutes. In the final 3-4 minutes, add the beans and cook until warmed through. Remove from the heat. Add a sweetener (to taste) and seasoning.

3. MAKE THE SAUCE To a blender, add the feta, the mayo, the jalapeños, ¾ of the coriander, the lime zest, a squeeze of lime juice (to taste), and 6 [8] tbsp of water. Blend until smooth, adding water in increments if it's too thick, and season.

4. TOAST THE TORTILLAS Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

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 and serve with any remaining lime wedges. It's a wrap, Chef!