

QCOOK

Mexi Beef Taco Salad

with kidney beans, sour cream & crispy tortillas

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Pinotage

Nutritional Info

	Per 100g	Per Portion
Energy	757kJ	2952kJ
Energy	181kcal	706kcal
Protein	9.6g	37.6g
Carbs	12g	46g
of which sugars	2.1g	8.2g
Fibre	2.3g	8.9g
Fat	9.8g	38.2g
of which saturated	4g	15.8g
Sodium	261mg	1389mg

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

Spice Level: Hot

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Wheat Flour Tortilla/s
150g	300g	Beef Mince
15ml	30ml	Tomato Paste
5ml	10ml	Old Stone Mill Mexican Spice
60g	120g	Red Kidney Beans <i>drain & rinse</i>
40g	80g	Corn
30ml	60ml	Sour Cream
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey (optional)
Paper Towel

1. CRISPY TORTILLAS Cut the flour tortilla in half and cut the halves into strips. Coat in oil and seasoning. Place a pan over medium heat. When hot, add the strips and fry until crispy, 1-2 minutes per side. Drain on paper towel. Alternatively: Coat the tortilla strips in oil and season. Air fry at 180°C until crispy, 5-8 minutes.

2. TACO MINCE 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, 3-4 [4-5] minutes (shifting occasionally). Mix in the tomato paste and the Mexican spice. Fry until fragrant and add 50ml [100ml] of water. Simmer until reduced, 3-4 minutes. In the final 1-2 minutes, mix in the beans, the corn, a sweetener (optional) (to taste), and seasoning.

3. SOME PREP Loosen the sour cream with water in 5ml increments until drizzling consistency.

4. DINNER TIME! Make a bed of the salad leaves, top with the taco mince, drizzle over the sour cream, and scatter over the crispy tortilla strips. Garnish with jalapeños (to taste).

Chef's Tip For savoury dishes, a touch of sweetness can enhance and round out flavours, especially in acidic or spicy recipes.