



Beef Tacos

with Pico de Gallo and Avocado

Family Friendly 30 Minutes



Ground Beef



Mexican Seasoning



Red Onion



Tomato Sauce Base



Garlic



Flour Tortillas, 6-inch



Monterey Jack
Cheese, shredded



Avocado



Roma Tomato



Lime



Spring Mix



Mini Cucumber



Carrot

HELLO MEXICAN SEASONING

Our Mexican seasoning is a flavourful blend of chili, cumin, garlic, paprika, oregano and chipotle!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, zester, box grater, large bowl, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Mexican Seasoning	1 tbsp	2 tbsp
Red Onion	56 g	113 g
Tomato Sauce Base	2 tbsp	4 tbsp
Garlic	6 g	12 g
Flour Tortillas, 6-inch	6	12
Monterey Jack Cheese, shredded	½ cup	1 cup
Avocado	1	2
Roma Tomato	160 g	320 g
Lime	1	2
Spring Mix	56 g	113 g
Mini Cucumber	66 g	132 g
Carrot	85 g	170 g
Sugar*	1 ½ tsp	3 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

Cut **tomatoes** into ¼-inch pieces. Zest, then juice **lime**. Peel, then mince or grate **garlic**. Peel, pit, then cut **avocado** into ½-inch pieces. Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl). Cut **cucumber** into ¼-inch rounds. Peel, then grate **half the carrot** (whole carrot for 4 ppl).



Make toppings

While **filling** cooks, add **tomatoes**, **half the lime zest** and **half the lime juice** to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside. (**NOTE:** This is your pico de gallo!) Add **remaining lime zest**, **remaining lime juice**, **1 tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Set aside. (**NOTE:** This is your dressing!)



Cook onions

Heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until tender, 3-4 min.



Warm tortillas

Wrap **tortillas** in paper towels. (**NOTE:** For 4 ppl, create 2 stacks with 6 tortillas in each stack.) Microwave until **tortillas** are warm and flexible, 1 min. (**NOTE:** You can skip this step if you don't want to warm tortillas!)



Cook filling

Add **beef** to the pan with **onions**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. ****** Carefully drain and discard any excess fat. Add **tomato sauce base**, **Mexican Seasoning**, **garlic** and **½ tsp sugar** (dbl for 4 ppl). Cook, stirring often, until fragrant, 1-2 min.



Finish and serve

Add **spring mix**, **carrots**, **cucumbers** and **half the avocado** to the large bowl with dressing. Toss to combine. Divide **beef filling** between **tortillas**, then top with **cheese**, **pico de gallo** and **remaining avocado**. Serve with **salad** on the side.

Dinner Solved!