



Mexican Spiced Beef Tortillas

with kidney beans and zesty creme fraiche

Family Quick Cook 20 – 25 mins

6



Beef Mince



Bell Pepper



Scallion



Red Kidney Beans



Mexican Style Spice Mix



Worcester Sauce



Passata



Beef Stock



Tortilla



Lemon



Creme Fraiche

Pantry Items: Salt, Pepper, Water



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Sieve, zester

Ingredients

	2P	4P
Beef Mince	240 g	480 g
Bell Pepper	1 unit	2 units
Scallion	2 units	4 units
Red Kidney Beans	1 pack	2 packs
Mexican Style Spice Mix	2 sachets	4 sachets
Worcester Sauce	1 sachet	2 sachets
Passata	1 pack	2 packs
Beef Stock	1 sachet	2 sachets
Tortilla	8 units	16 units
Lemon	½ unit	1 unit
Creme Fraiche	65 g	110 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	682 g	100 g
Energy (kJ/kcal)	4025 kJ/ 962 kcal	590 kJ/ 141 kcal
Fat (g)	36.7 g	5.4 g
Sat. Fat (g)	18.7 g	2.7 g
Carbohydrate (g)	101 g	14.8 g
Sugars (g)	21.9 g	3.2 g
Protein (g)	47.7 g	7 g
Salt (g)	5.3 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.
Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

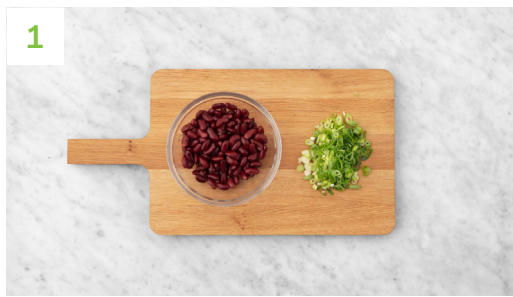
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Prep the Veg

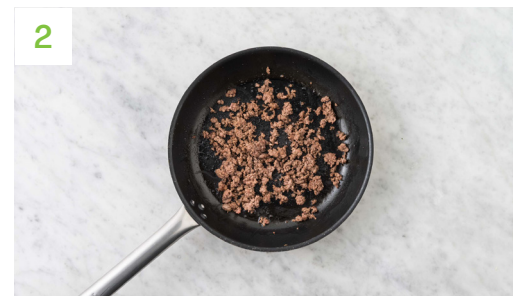
- Preheat your oven (for the **tortillas**) to 220°C/200°C fan/gas mark 7.
- Halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks.
- Zest **half the lemon** (double for 4p). Chop into four wedges.
- Trim and thinly slice the **scallion**.
- Drain and rinse the **kidney beans**.

TIP: If you want to avoid turning on the oven you can dry-fry the tortillas in a pan instead.



Warm the Tortillas

- Pop the **tortillas** into the oven to warm, 1-2 mins.



Cook the Beef

- Place a pan over medium-high heat (without oil).
- Once the pan is hot, fry the **beef mince** until browned, 4-5 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince.
- Use a spoon to break it up as it cooks. Season with **salt and pepper**.



Simmer the Sauce

- Add the **pepper** and **Mexican spice mix** to the pan and fry for 1 min.
- Mix in the **Worcester sauce, passata, beans and stock powder**.
- Bring to the boil, reduce heat to medium-low and simmer until thickened, 7-8 mins. Season to taste with **salt** and **pepper**. **IMPORTANT:** Mince is cooked when no longer pink in the middle.
- Using the back of a spoon, crush the **beans**.

TIP: Add a splash of water if the sauce becomes too dry.



Make the Zesty Creme Fraiche

- Add the **creme fraiche** and **lemon** zest to a small bowl.
- Season with **salt and pepper**.
- Stir to combine.



Garnish and Serve

- Plate up the warmed **tortillas**.
- Top each with a generous helping of the Mexican spiced **beef mince**.
- Spoon over a dollop of zesty **creme fraiche** and a sprinkling of **scallion**.
- Serve with **lemon** wedges alongside for squeezing over.

Enjoy!