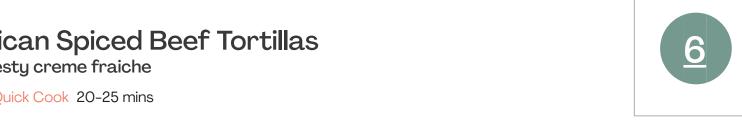


# Mexican Spiced Beef Tortillas

with zesty creme fraiche

Family Quick Cook 20-25 mins















Red Kidney Beans





Scallion

Lime





Bell Pepper

Tortilla





Mexican Style Spice Mix

Worcester Sauce



Beef Stock

## Before you start

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

# Cooking tools you will need

Zester, Sieve

# Ingredients

	2P	4P
Beef Mince	250 g	500 g
Passata	1 pack	2 packs
Red Kidney Beans	1 pack	2 packs
Creme Fraiche	62 ½ g	125 g
Scallion	1 unit	2 units
Lime	½ unit	1 unit
Bell Pepper	1 unit	2 units
Tortilla	4 units	8 units
Mexican Style Spice Mix	1 sachet	2 sachets
Worcester Sauce	1 sachet	2 sachets
Beef Stock	1 sachet	2 sachets

### **Nutrition**

	Per serving	Per 100g
for uncooked ingredients	580.8 g	100 g
Energy (kJ/kcal)	2597.7 kJ/ 620.9 kcal	447.3 kJ/ 106.9 kcal
Fat (g)	33.2 g	5.7 g
Sat. Fat (g)	16.7 g	2.9 g
Carbohydrate (g)	41.3 g	7.1 g
Sugars (g)	13.7 g	2.4 g
Protein (g)	39.9 g	6.9 g
Salt (g)	2.1 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

# **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.



# Prep the Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7.
  Place a pan on medium-high heat (no oil).
- Halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks.
- Zest and chop half the lime into wedges (double for 4p).
- Trim and thinly slice the **scallion**.
- Drain and rinse the kidney beans.



#### Cook the Beef

- Once the pan is hot, add the **beef mince** and fry until browned, 4-5 mins. **IMPORTANT**: Wash your hands and equipment after handling raw mince.
- Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with salt and pepper



#### Simmer the Sauce

- Add the pepper and Mexican style spice mix to the beef mince and fry for 1 min.
- Mix in the Worcester sauce, passata, kidney beans and beef stock.
- Using the back of a spoon, crush half the kidney beans once they're in the pan.
- Bring to the boil, reduce heat to low-medium and simmer until thickened, 7-8 mins. Season to taste with salt and pepper. IMPORTANT: The mince is cooked when it is no longer pink in the middle.



## Warm the Tortillas

 Pop half the tortillas (double for 4p) into the oven to warm, 1-2 mins.



# Make the Creme Zest

Mix the lime zest into the creme fraiche.



## Garnish and Serve

- · Dish up the tortillas.
- Top with a generous helping of the Mexican spiced beef mince.
- Spoon on a dollop of creme zest and a sprinkling of the scallion.
- Serve with lime wedges alongside.

Enjoy!



Thumbs up or thumbs down? Head online or use the app to rate this recipe.

