



### Product Spotlight: Mughal Foods


The wraps used in this dish are made by local WA bakery, Mughal Foods.


They use 100% Australian-grown wheat flour and avoid preservatives or artificial additives.



## Smashed Beef Burger Tacos with Chipotle Sauce

Soft tacos served with a smashed burger patty, topped with your favourite burger fillings and finished with a drizzle of creamy chipotle and lime dressing.

 25 minutes

 2 servings

 Beef

25 August 2023

## Change the sauce!

*The chipotle sauce is quite mild; if you prefer no spice you can make your own sauce! A great combination is equal parts mustard, tomato sauce and mayonnaise for a "burger" style sauce.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	40g	88g

## FROM YOUR BOX

BABY COS LETTUCE	1
TOMATO	1
LEBANESE CUCUMBER	1
SHALLOT	1
BEEF MINCE	300g
PLAIN WRAPS	6-pack
CHIPOTLE AND LIME DRESSING	100g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

## KEY UTENSILS

large frypan

## NOTES

Use a spatula to press the taco down into the pan to further flatten the beef.

You can add chopped pickles or sliced cheese to the tacos if you have some!

**No gluten option** – plain wraps are replaced with corn tortillas.

**Protein upsize** – 300g beef mince. Shape an extra 6 beef patties and cook in pan for 3–4 minutes each side. Serve with remaining toppings and dressing.



### 1. PREPARE THE FILLINGS

Rinse and finely shred lettuce leaves. Dice tomato and cucumber, and slice shallot. Set aside.



### 2. PREPARE THE BEEF

Combine beef mince with **1/2 tsp oregano, salt and pepper**. Use a 1/4 cup measure to divide into 6 evenly-sized meatballs.



### 3. PREPARE THE TACOS

Heat a frypan over medium–high heat with **oil** (for step 4). Press beef burger mince flat onto one side of each wrap. Prepare in batches as they cook in step 4.



### 4. COOK THE TACOS

Place tacos, beef side down into pan to cook for 4–5 minutes (see notes). Turn over and cook for 1 minute. Remove to a plate and repeat with remaining prepared wraps.



### 5. FINISH AND SERVE

Fill the tacos at the table with prepared salad ingredients and chipotle lime dressing to taste (see notes).



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