




### Product Spotlight: Corn Tortillas


La Tortilla uses whole corn kernels to make their tortillas; this gives a more natural corn flavour.



## Beef Taco Bowl with Crispy Tortilla Strips

A vibrant and festive salad with all the favourite taco fillings, spiced beef mince, creamy whipped avocado, tomato salsa and crispy tortilla strips for crunch.

 25 minutes

 4 servings

 Beef

## Switch it up!

*You can transform this dish into tacos instead! Warm the tortillas in a dry frypan or in a sandwich press. Serve with extra salad on the side.*

Per serve: **PROTEIN** 40g **TOTAL FAT** 30g **CARBOHYDRATES** 46g

## FROM YOUR BOX

CORN TORTILLAS	8-pack
AVOCADOS	2
LIME	1
BEEF MINCE	500g
BABY COS LETTUCE	2-pack
TOMATOES	2
SHALLOT	1
JALAPENO	1

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, ground cumin, red wine vinegar

## KEY UTENSILS

large frypan, stick mixer or blender

## NOTES

Add a pre-made Mexican spice mix if you have one. For extra flavour add ground cayenne pepper, ground coriander or dried oregano. If you have some tomato paste, stir it in for extra richness and reduce the spice to 1 tbsp of each.



### 1. CRISP THE TORTILLAS

Heat a frypan over medium-high heat with **2 tbsp olive oil**. Slice **tortillas** into thin strips. Add to pan and cook, tossing, for 6–8 minutes until crispy. Remove and set aside, keep pan on heat.



### 2. WHIP THE AVOCADO

Meanwhile, blend **avocados** with zest and juice from 1/2 lime (wedge remaining), **2 tbsp water, salt and pepper** until smooth using a stick mixer. Set aside.



### 3. COOK THE BEEF

Add **beef mince** to pan along with **1 1/2 tbsp paprika, 1 1/2 tbsp cumin** and **oil** if needed (see notes). Cook for 6–8 minutes until crispy. Stir in **2 tbsp water** and season with **salt and pepper**.



### 4. PREPARE THE SALAD

Rinse **lettuce leaves** and shred. Set aside. Dice **tomatoes, shallot** and **jalapeño**. Toss together with **1 tbsp vinegar** and **1 tbsp olive oil**.



### 5. FINISH AND SERVE

Assemble bowls with shredded lettuce, topped with beef mince, a dollop of avocado, tomato salsa and a sprinkle of crispy tortillas. Serve with lime wedges.



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