R2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Jalapeño

Fun fact: the jalapeño takes its name from Xalapa, a city in the Mexican state of Veracruz.

Slow Cooked Beef Birria Tacos

Tender, fall apart beef in a cheesy pocket, with a flavourful sauce for dipping. Garnished with fresh lime, jalapeño and served a side of creamy slaw.

25 minutes + 3 hours slow cook | Beef | 2 servings

Mix it up!

Short on time? Roughly pull the beef and transfer to an oven dish. Sprinkle cheese on top and place under grill to melt. Serve with toppings and pita pockets for scooping.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	55g	37g	60g

FROM YOUR BOX

BEEF CHUCK ROAST	400g
SHALLOT	1
TOMATO PASTE	1 sachet
MEXICAN SPICE MIX	1 packet
COLESLAW	250g
AIOLI	1 sachet
LIME	1
JALAPENO	1
PITA POCKETS	5-pack
SHREDDED CHEDDAR CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

frypan, slow cooker

NOTES

Turn the beef every hour until it is fully covered with cooking liquid.

You can toast the pockets in a sandwich press instead!

Protein Upsize Option: when adding extra meat, add 1/2 cup water to ensure even cooking.

GF alternative - pita pockets are replaced with corn tortillas: place even amounts of beef, cheese, shallot and jalapeño on one tortilla round and another on top to sandwich. Toast in pan as per step 5 and cut in half to serve.



1. BROWN THE BEEF

Halve **beef chuck roast** and coat with **oil, salt and pepper**. Heat a frypan over medium-high heat. Brown **beef** on both sides. Remove to slow cooker.



2. SLOW COOK THE BEEF

Set slow cooker to high heat. Slice and add **1/2 shallot** along with **tomato paste** and **Mexican spice mix.** Pour in **1 cup water** and stir to combine. Cook for 3-4 hours until soft and tender (see notes).



3. PREPARE SLAW & GARNISH

Combine **coleslaw** with **aioli, 1/2 lime zest and juice** (set aside in fridge until serving).

Finely dice **jalapeño** and remaining **1/2 shallot.** Wedge remaining **lime**.



4. PULL THE BEEF

Remove **beef** when softened and turn off slow cooker. Shred using 2 forks. Stir in **1/2 cup cooking broth** and season to taste with **salt and pepper**.



5. TOAST THE TACOS

Halve **pita pockets**. Fill with even amounts of **pulled beef, cheddar cheese, shallot** and **jalapeno**. Toast in a frypan with **oil** over medium-high heat for 1-2 minutes each side until crisp and **cheese** has melted (see notes).



6. FINISH AND SERVE

Serve **beef tacos** with **broth** for dipping. Garnish with **jalapeño**, **shallot** and **lime wedges**. Serve with **coleslaw** on the side.

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