



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: La Tortilla Corn Tortillas

La Tortilla only use 2 ingredients to make their corn tortillas - premium Western Australian corn & water. The result is a gluten free, vegan friendly, preservative free, healthy bread alternative with a delicious rich nutty flavour.



N2 Beef Tacos

Mildly spiced beef mince, wrapped in La Tortilla corn tortillas with fresh salad ingredients and salsa. Served with a side of charred corn cobs.



20 minutes



2 servings



Beef

February-March 2022

Additions

Tacos are one of those great dishes where you can add absolutely anything of your liking! Some yummy suggestions are beans, cheese, cucumber, capsicum or chilli!

FROM YOUR BOX

CORN COB	1
BEEF MINCE	250g
BABY COS LETTUCE	1
TOMATO	1
AVOCADO	1
SALSA	1 jar
CORN TORTILLAS	8-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

KEY UTENSILS

2 frypans

NOTES

If you don't have a non-stick frypan, add some oil to the pan before adding the beef.

Use cumin to taste. You can use smoked paprika or a pre-made Mexican spice mix if you prefer!



1. COOK THE CORN

Heat a frypan over high heat. Halve corn cob and coat with **oil**. Cook, turning, for 8–10 minutes until charred. Remove and set aside (reserve pan for step 5).



2. COOK THE BEEF

Heat a second frypan over medium-high heat. Add beef mince along with **1/2–1 tbsp cumin** (see notes). Cook for 6–8 minutes until cooked through.



3. PREPARE THE FILLINGS

Meanwhile, shred lettuce, slice tomato and avocado. Set aside.



4. STIR IN THE SALSA

Add 1/4 cup salsa to the beef and stir to combine well. Heat through then remove from heat. Season to taste with **salt and pepper**.



5. WARM THE TORTILLAS

Reheat frypan over medium-high heat. Warm tortillas for 10 seconds each side. Keep warm until serving.



6. FINISH AND SERVE

Take all ingredients to the table for everyone to assemble their tacos with tortillas, beef, fresh vegetables and remaining salsa. Serve with corn on the side.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

