



CReamy Slaw Beef tacos

Soft tacos filled with mildly spiced beef mince, creamy slaw and crunchy cucumber, a great family-friendly dinner that's fun to build and eat!







FROM YOUR BOX

LEBANESE CUCUMBER	1
SHREDDED WHITE CABBAGE	250g
AIOLI	1 sachet
BEEF MINCE	300g
CORN COB	1
TOMATO PASTE	1 sachet
WHEAT WRAPS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, smoked paprika

cooking tools

frypan x 2

Got leftovers? Make beef taco toasties! Fill wraps or bread with beef mix and cheese, then toast until golden and melty.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - wraps are replaced with corn tortillas. Warm in a dry pan for 10 seconds each side.





1. PRepare the veggies

Cut **cucumber** into batons. Place **shredded cabbage** in a bowl and mix with **aioli** until evenly coated.



You can pickle the cabbage instead if you prefer with 1 tbsp oil, 1 tbsp vinegar, 1/2 tsp sugar, salt and pepper.



4 warm the wraps

Heat **wraps** in a dry frypan for 20 seconds each side or wrap in baking paper and warm in the oven for 5 minutes.

Place the warm wraps in a clean kitchen towel to help keep them warm and soft until serving. Freeze leftover wraps.



2. Cook the Beef Mince

Heat a frypan with **oil** over mediumhigh heat. Add **beef mince** and cook for 5–6 minutes, breaking it up with a spoon until browned.



For extra flavour, you can add diced onion or crushed garlic.



5. finish and serve

Take all the **ingredients** to the table and let everyone fill their own **wrap** and enjoy!



Fold the bottom of the wrap up first, then the sides, this helps to keep the filling inside.



3 aDD CORN & SPICES

Cut **corn kernels** off the cob. Add to the pan with **tomato paste**, **1-2 tsp smoked paprika**, **1-2 tsp cumin**, **salt**, and **pepper**. Add **1/4 cup water** and simmer for 5 minutes.



Add a little sugar to help bring out the flavours, or dried oregano for extra flavour!