

for the  
little onesBeef Quesadilla  
with added cheese

# 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!



30 Minutes



4 Servings



Beef

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## FROM YOUR BOX

|                        |          |
|------------------------|----------|
| LEBANESE CUCUMBERS     | 2        |
| AVOCADO                | 1        |
| SHREDDED WHITE CABBAGE | 250g     |
| AIOLI                  | 1 sachet |
| BEEF MINCE             | 600g     |
| 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

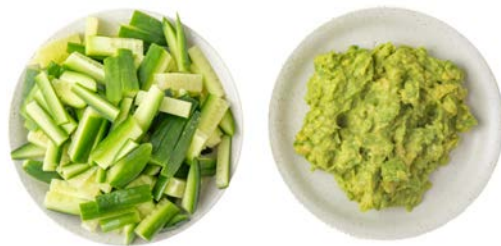
large frypan x 2

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 **cucumbers** into batons (or dice). Cut the **avocado** in half, remove the seed, and dice or mash the flesh.

**tip** Add a squeeze of lemon or lime to the avocado for extra flavour and to stop it from browning.



### 4. ADD CORN & SPICES

Cut **corn kernels** off the cob. Add to the pan with **tomato paste**, **2 tsp smoked paprika**, **2 tsp cumin**, **salt**, and **pepper**. Add **1/3 cup water** and simmer for 5 minutes.

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



### 2. MAKE the CREAMY SLAW

Place **shredded cabbage** in a bowl and mix with **aioli** until evenly coated (use your hands).

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



### 5. 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.

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



### 3. COOK the Beef MINCE

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

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



### 6. FINISH AND SERVE

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

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