



**Product Spotlight:
Mughal Foods**

The wraps used in this dish are made by local WA bakery, Mughal Foods. They use 100% Australian-grown wheat flour and avoid preservatives or artificial additives.



Smashed Beef Burger Tacos

with Chipotle Sauce

Soft tacos served with a smashed burger patty, topped with your favourite burger fillings and finished with a drizzle of creamy chipotle and lime dressing.

 25 minutes

 4 servings

 Beef

25 August 2023

Change the sauce!

The chipotle sauce is quite mild; if you prefer no spice you can make your own sauce! A great combination is equal parts mustard, tomato sauce and mayonnaise for a “burger” style sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	39g	83g

FROM YOUR BOX

BABY COS LETTUCE	1
TOMATOES	2
LEBANESE CUCUMBER	1
SHALLOT	1
BEEF MINCE	600g
PLAIN WRAPS	12-pack
CHIPOTLE AND LIME DRESSING	2 x 100g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

large frypan

NOTES

Use a spatula to press the taco down into the pan to further flatten the beef.

You can add chopped pickles or sliced cheese to the tacos if you have some!

No gluten option – plain wraps are replaced with corn tortillas.

Protein upsize – 300g beef mince. Shape an extra 6 beef patties and cook in pan for 3–4 minutes each side. Serve with remaining toppings and dressing.



1. PREPARE THE FILLINGS

Rinse and finely shred lettuce leaves. Dice tomatoes and cucumber, and slice shallot. Set aside.



2. PREPARE THE BEEF

Combine beef mince with **1 tsp oregano, salt and pepper**. Use a 1/4 cup measure to divide into 12 evenly-sized meatballs.



3. PREPARE THE TACOS

Heat a frypan over medium-high heat with **oil** (for step 4). Press beef burger mince flat onto one side of each wrap. Prepare in batches as they cook in step 4.



4. COOK THE TACOS

Place tacos, beef side down into pan to cook for 4–5 minutes (see notes). Turn over and cook for 1 minute. Remove to a plate and repeat with remaining prepared wraps.



5. FINISH AND SERVE

Fill the tacos at the table with prepared salad ingredients and chipotle lime dressing to taste (see notes).



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