



Product Spotlight: Tortillas

La Tortilla uses whole corn kernels to make their tortillas; this gives a more natural corn flavour.



Beef Taco Bowl with Crispy Tortilla Strips

A vibrant and festive salad with all the favourite taco fillings, spiced beef mince, creamy whipped avocado, tomato salsa and crispy tortilla strips for crunch.



25 minutes



2 servings



Beef

Switch it up!

You can transform this dish into tacos instead! Warm the tortillas in a dry frypan or in a sandwich press. Serve with extra salad on the side.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	37g	53g

FROM YOUR BOX

CORN TORTILLAS	8-pack
AVOCADO	1
LIME	1
BEEF MINCE	250g
BABY COS LETTUCE	1
TOMATO	1
SHALLOT	1
JALAPENO	1

FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika, ground cumin, red wine vinegar

KEY UTENSILS

large frypan, stick mixer or blender

NOTES

For a 2 person serve you can use 4 tortillas instead of 8. Or, if cooking the whole packet, you can store any leftovers in an airtight container.

Add a pre-made Mexican spice mix if you have one. For extra flavour add ground cayenne pepper, ground coriander or dried oregano. If you have some tomato paste, stir it in for extra richness and reduce the spice to 2 tsp of each.



1. CRISP THE TORTILLAS

Heat a frypan over medium-high heat with **2 tbsp olive oil**. Slice tortillas into thin strips (see notes). Add to pan and cook, tossing, for 6-8 minutes until crispy. Remove and set aside, keep pan on heat.



2. WHIP THE AVOCADO

Meanwhile, blend avocado with zest and juice from 1/2 lime (wedge remaining), **1 tbsp water, salt and pepper** until smooth using a stick mixer. Set aside.



3. COOK THE BEEF

Add beef mince to pan along with **3 tsp paprika** and **3 tsp cumin** (see notes). Cook for 6-8 minutes until crispy. Stir in **1 tbsp water** and season with **salt and pepper**.



4. PREPARE THE SALAD

Rinse lettuce leaves and shred. Set aside. Dice tomato, shallot and jalapeño. Toss together with **1/2 tbsp vinegar** and **1/2 tbsp olive oil**.



5. FINISH AND SERVE

Assemble bowls with shredded lettuce, topped with beef mince, a dollop of avocado, tomato salsa and a sprinkle of crispy tortillas. Serve with lime wedges.



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