

**Product Spotlight:
Corn 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



4/6 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
	32g	24g	44g

FROM YOUR BOX

	4 PERSON	6 PERSON
CORN TORTILLAS	1 packet	2 packets
AVOCADOS	2	3
LIME	1	2
BEEF MINCE	500g	500g + 250g
BABY COS LETTUCE	2-pack	2-pack
TOMATOES	2	4
SHALLOT	1	1
JALAPENO	1	1

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, stick mixer or blender

NOTES

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 1 tbsp of each.



1. CRISP THE TORTILLAS

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

6P – cook in 2 batches, using 2 tbsp olive oil per batch.



2. WHIP THE AVOCADO

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

6P – use juice from 1 lime (wedge remaining) and 1/2 cup water.



3. COOK THE BEEF

Add **beef mince** to pan along with **1 tbsp paprika, 1 tbsp cumin** and **oil** if needed (see notes). Cook for 6–8 minutes until crispy. Stir in **2 tbsp water** and season with **salt and pepper**.

6P – use 1 1/2–2 tbsp each of smoked paprika and cumin along with 1/3 cup water.



4. PREPARE THE SALAD

Rinse and shred **lettuce leaves**. Set aside.

Dice **tomatoes, shallot** and **jalapeño**. Toss together with **1 tbsp vinegar** and **1 tbsp olive oil**.

6P – use 2 tbsp vinegar and 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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