



### Product Spotlight: Corn Tortillas

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



## Pulled Chipotle Beef Tacos

A vibrant share platter with soft corn tortillas, slow cooked chipotle beef, lime guacamole, pickled onion and all the fresh trimmings. Enjoyed best on a balmy evening with friends and family!



15 minutes + 4 hours slow cook



2 servings



Beef

## Add your favourites !

*Add little bowls of your favourite fillings to the share platter for everyone to pick and choose! Sour cream, shredded cheese, pickled jalapeños and black beans make great additions!*

Per serve: **PROTEIN** 55g **TOTAL FAT** 43g **CARBOHYDRATES** 85g



## FROM YOUR BOX

TOMATO PASTE	1 sachet
CHIPOTLE SPICE MIX	1 tub
RED ONION	1
BEEF CHUCK ROAST	400g
AVOCADO	1
LIME	1
TOMATO	1
JALAPENO	1
CORIANDER	1 packet
CORN TORTILLAS	8-pack

## FROM YOUR PANTRY

oil for cooking, salt, pepper, red wine vinegar, sugar (of choice)

## KEY UTENSILS

frypan, slow cooker, clean dry tea towel

## NOTES

If your slow cooker has a sauté function, you can sear the beef in the cooker instead of in a frypan.

You can set the slow cooker to a low heat and cook for 7–8 hours instead.

*Chipotle spice mix: brown sugar, smoked paprika, oregano, chipotle, garlic, coriander and cumin.*



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### 1. PREPARE THE SAUCE

Combine **tomato paste** with **chipotle spice mix** and **3/4 cup water** in your slow cooker. Thinly slice **onion**, add **3/4** to slow cooker (set aside remaining for step 3). Set to high heat.



### 2. COOK THE BEEF

Heat a frypan with **oil** over high heat. Halve **beef** and brown on both sides. Season with **salt and pepper**. Place in the slow cooker, turn over to coat. Cook for 4–6 hours (see notes).



### 3. PREPARE THE FILLINGS

Combine remaining onion with **3 tbsp vinegar**, **1/2 tbsp sugar** and **1/2 tsp salt**.

Mash **avocado** with **1/2 lime juice** (wedge remaining). Dice and stir through **tomato**.

Slice **jalapeño** and **coriander**. Set aside.



### 4. SHRED THE BEEF

When beef has softened, turn off the slow cooker and remove beef. Shred using 2 forks then return to sauce to coat. Season to taste with **salt and pepper**.



### 5. WARM THE TORTILLAS

Heat a frypan over medium–high heat. Add **tortillas** to dry frypan and cook according to packet instructions. Wrap tortillas in a clean and dry towel to keep warm until serving.



### 6. FINISH AND SERVE

Arrange all components on a large share platter ready for assembling at the table.

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