



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: La Tortilla Corn Tortillas

La Tortilla only use 2 ingredients to make their corn tortillas - premium Western Australian corn & water. The result is a gluten free, vegan friendly, preservative free, healthy bread alternative with a delicious rich nutty flavour.



## N4 Beef Tacos

Mildly spiced beef mince, wrapped in La Tortilla corn tortillas with fresh salad ingredients and salsa. Served with a side of charred corn cobs.

 20 minutes

 4 servings

 Beef

February-March 2022

## Additions

*Tacos are one of those great dishes where you can add absolutely anything of your liking! Some yummy suggestions are beans, cheese, cucumber, capsicum or chilli!*

## FROM YOUR BOX

CORN COBS	2
BEEF MINCE	500g
BABY COS LETTUCE	1
TOMATOES	2
AVOCADO	1
SALSA	1 jar
CORN TORTILLAS	12-pack

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

## KEY UTENSILS

2 frypans

## NOTES

If you don't have a non-stick frypan, add some oil to the pan before adding the beef.

Use cumin to taste. You can use smoked paprika or a pre-made Mexican spice mix if you prefer!



### 1. COOK THE CORN

Heat a frypan over high heat. Halve corn cobs and coat with **oil**. Cook, turning, for 8–10 minutes until charred. Remove and set aside (reserve pan for step 5).



### 2. COOK THE BEEF

Heat a second frypan over medium-high heat. Add beef mince along with **1/2–1 tbsp cumin** (see notes). Cook for 6–8 minutes until cooked through.



### 3. PREPARE THE FILLINGS

Meanwhile, shred lettuce, slice tomatoes and avocado. Set aside.



### 4. STIR IN THE SALSA

Add 1/3 cup salsa to the beef and stir to combine well. Heat through then remove from heat. Season to taste with **salt and pepper**.



### 5. WARM THE TORTILLAS

Reheat frypan over medium-high heat. Warm tortillas for 10 seconds each side. Keep warm until serving.



### 6. FINISH AND SERVE

Take all ingredients to the table for everyone to assemble their tacos with tortillas, beef, fresh vegetables and remaining salsa. Serve with corn on the side.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

