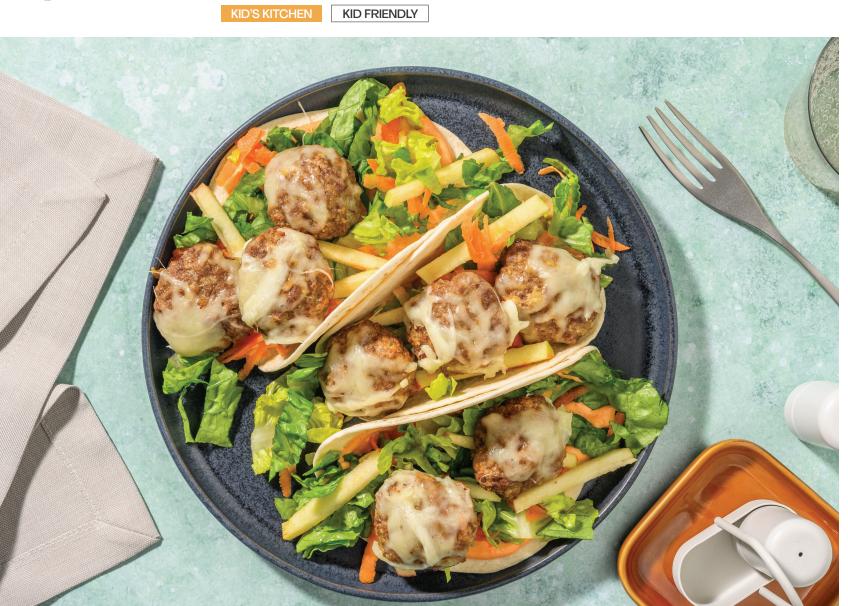


Cheeseburger Beef Meatball Tacos with Cos Salad & Burger Sauce



Grab your meal kit with this number











Cos Lettuce



Fine Breadcrumbs



Spice Blend

Beef Mince





Tortillas



Burger Sauce





Prep in: 20-30 mins Ready in: 30-40 mins

It's all hands on deck, this recipe is designed to be cooked by grown-ups and kids together! Cheeseburgers and tacos, they've got to be two of our favourite meals. Why not throw them together? Beef meatballs, burger sauce and crunchy cos come together in a soft, warm tortilla for a flavour combo you never knew you needed... until now!

Pantry items

Olive Oil, Egg, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan with a lid

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
apple	1	2
cos lettuce	½ head	1 head
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
egg*	1	2
shredded Cheddar cheese	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
burger sauce	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3748kJ (896Cal)	780kJ (186Cal)
Protein (g)	47.5g	9.9g
Fat, total (g)	47.3g	9.8g
- saturated (g)	18.3g	3.8g
Carbohydrate (g)	69g	14.4g
- sugars (g)	16.5g	3.4g
Sodium (mg)	1530mg	318mg
Dietary Fibre (g)	12g	2.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

• Grate carrot. Thinly slice apple into sticks. Finely shred cos lettuce (see ingredients).

Little cooks: Help wash and tear the salad leaves!



Prep the meatballs

- SPICY! This is a mild spice blend, but use less if you're sensitive to heat! In a large bowl, combine beef mince, fine breadcrumbs, All-American spice blend and the egg.
- · Using damp hands, roll heaped spoonfuls of beef mixture into small meatballs (6-8 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!



Cook the meatballs

- In a large frying pan, heat a drizzle of olive oil over high heat.
- · Cook meatballs, turning, until browned, **5-7 minutes** (cook in batches if your pan is getting crowded).
- In the last 1-2 minutes of cook time, sprinkle shredded Cheddar cheese over meatballs and cover with a lid (or foil) until cheese melts.



Toss the salad

 Meanwhile, combine cos lettuce, apple, carrot and a drizzle of white wine vinegar and olive oil in a second large bowl. Season to taste.

Little cooks: Take the lead by tossing the salad!



Heat the tortillas

• Microwave mini flour tortillas on a plate in 10 second bursts until warmed through.



Serve up

• Spread each tortilla with burger sauce. Top with cos salad and cheeseburger beef meatballs to serve. Enjoy!

Little cooks: Take the lead and help build the tacos!







