

# MARLEY SPOON



## Chipotle Beef Tacos

with Crisp Kale Salsa



30-40min



2 Portions

Bring back Mexican night with these easy and healthy soft tacos filled with smoky beef and a refreshing kale and cucumber salsa. Using minced beef means there's no slow-cooking involved, while our customised herb and spice blend, and tangy chipotle in adobo sauce ensure there is still plenty of punchy flavour.

## What we send

- chipotle in adobo sauce
- diced tomatoes
- 1 Lebanese cucumber, 1 lime and 1 red onion
- coriander, 1 garlic clove and kale
- flour tortillas <sup>1</sup>
- grass-fed beef mince

## What you'll require

- olive oil
- olive oil spray
- red wine vinegar <sup>17</sup>
- sea salt and pepper
- sugar

## Utensils

- baking paper
- foil
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

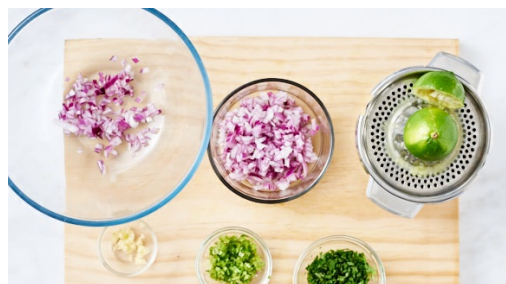
Wrapping the tortillas in baking paper first, then foil, will ensure that they steam and soften evenly, without hardening in places.

## Allergens

Gluten (1), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 610.0kcal, Fat 21.1g, Proteins 38.2g, Carbs 60.2g



### 1. Prepare ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Very finely chop the **onion** and put **one-quarter of the onion** in a large bowl. Crush or finely chop the **garlic**. Finely chop the **coriander**, including the stems, keeping the leaves and stems separate. Squeeze the juice of the **lime** into the bowl of onion.



### 4. Prepare salsa

Meanwhile, remove the leaves from the **kale**, discarding the stalks. Wash and pat dry, then thinly slice. Spread out on the lined tray and spray well with **olive oil spray**. Cook in the oven for 8 mins or until crisp and wilted in parts, tossing halfway through.



### 2. Brown beef

Heat **half the oil** in a large deep frypan over medium-high heat. Add the **beef** and cook, stirring to break up any lumps, for 3 mins or until browned. Season with **salt and pepper**, then transfer to a bowl. Heat **remaining oil** in the pan. Cook **remaining onion** and **garlic**, stirring, for 3-5 mins until softened. Add **spice mix** and stir for 1 min or until fragrant.



### 5. Warm tortillas

Meanwhile, wrap **6 tortillas** in a layer of baking paper, then a layer of foil (see cooking tip). Keep the remaining tortillas for another use. Place in the oven for 5 mins or until softened and warmed through.



### 3. Cook sauce

Add the **vinegar** and stir, scraping the base of the pan with a wooden spoon. Return the **beef** to the pan with the **tomatoes, chipotle, sugar** and **coriander stems**. Bring to the boil, then reduce heat to a simmer. Cover with a lid and cook, stirring occasionally, for 10 mins or until sauce thickens.



### 6. Get ready to serve

Meanwhile, halve the **cucumber** lengthwise, then scoop out the seeds and very finely chop. Add to the onion and lime mixture. Add roasted kale, season with **salt** and stir to combine. Divide tortillas among plates and top each one with the beef mixture and the salsa to serve.