

MARLEY SPOON



Chipotle Beef Tacos

with Crisp Kale Salsa



30-40min



4 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

- coriander, 2 garlic cloves and kale
- grass-fed beef mince
- smoky spice mix (smoked paprika, coriander, cinnamon, dried oregano, cumin)
- 2 Lebanese cucumbers, 2 limes and 1 red onion
- chipotle in adobo sauce
- diced tomatoes
- flour tortillas ¹

What you'll require

- olive oil
- olive oil spray
- red wine vinegar ¹⁷
- 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

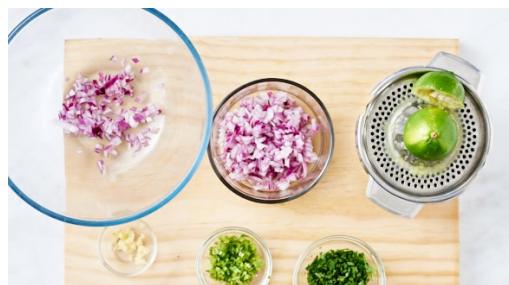
Wrapping the tortillas in baking paper first, then foil, will ensure that they steam and soften evenly, without hardening in places.

Allergens

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

Nutrition per serving

Energy 600.0kcal, Fat 20.5g, Proteins 37.6g, Carbs 57.8g



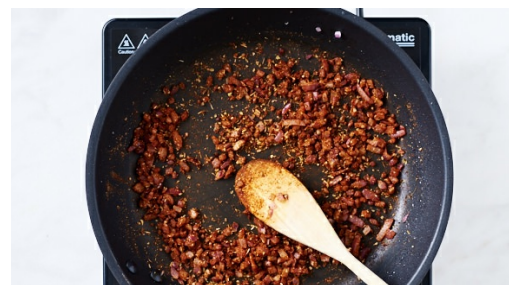
1. Prepare ingredients

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). Repeat with the **remaining tortillas** to make 2 parcels. 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 **cucumbers** 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.