



Mexican Meatball Tacos

with Guacamole



20-30min



4 Portions

Melding a meatball sub with a Mexican taco, this mouthwatering weeknight meal combines two of our favourite hand-held dishes in one delicious package - complete with creamy black beans and lime-spiked guacamole. This irresistible recipe comes from Marley Spoon Culinary Director Olivia Andrews' new book, *Healthy Thermo Cooking For Busy Families*.

What we send

- Mexican seasoning
- carrot
- coriander
- avocado
- beef mince
- flour wraps ^{1,6,7}
- crushed tomatoes
- kidney beans
- lime

What you'll require

- egg ³
- olive oil
- sea salt and pepper

Utensils

- large frypan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Egg (3), Soy (6), Milk (7).
May contain traces of other allergens.

Nutrition per serving

Energy 770kcal, Fat 31.4g, Carbs 71.7g, Proteins 43.2g



1. Prepare ingredients

Drain and rinse the **beans**. Peel and grate the **carrots**. Finely chop the **coriander** leaves and stems, keeping them separate.



2. Prepare meatballs

Put the **carrot, coriander stems, beef, Mexican seasoning** and **1 egg** in a large bowl and season with **salt and pepper**. Combine well, then roll tablespoons of the mixture into about 20 balls.



3. Cook meatballs

Heat **1 tbs olive oil** in a large frypan over medium-high heat. Cook **half the meatballs**, turning occasionally, for 3-4 mins or until browned all over. Repeat with another **1 tbs olive oil** and the **remaining meatballs**. Return all the meatballs to the pan.



4. Add tomatoes and beans

Add the **tomatoes** and **beans** to the pan and season with **salt and pepper**. Reduce the heat to medium and cook for 10 mins or until the sauce is thickened.



5. Make guacamole

Meanwhile, juice the **lime**. Scoop out the **avocado flesh**, discarding the skin and stones. Put the lime juice, avocado and the **remaining coriander** in a bowl. Season with **salt and pepper** and mash to combine.



6. Warm wraps

Heat a separate large frypan over medium-high heat. One at a time, warm the **wraps** for 30 secs each side until softened. Cover with a clean tea towel to keep warm. Divide the **meatballs** and **guacamole** among the wraps to serve.