

DINNERLY



Smoky Beef Tacos with Carrot Mash



20-30 minutes



2 Servings

Love tacos but think they're heavy? These warm wraps, loaded with veggies and tasty smoky beef are equal measures wholesome and delicious.

WHAT WE SEND

- 2 carrots
- 1 tomato
- 4 flour wraps^{1,6}
- beef mince
- 5g smoked paprika
- 70g rocket leaves

WHAT YOU NEED

- garlic clove
- olive oil
- tomato paste

TOOLS

- medium frypan
- potato masher
- small saucepan with lid

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

ALLERGENS

Gluten (1), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 720kcal, Fat 35.1g, Carbs 52.5g, Proteins 43.9g



1. Prep ingredients

Crush or finely chop 1 **garlic clove**. Peel and coarsely chop the **carrots**. Finely chop the **tomato**.



2. Make carrot mash

Put the **carrot** in a small saucepan of salted water and bring to the boil. Reduce the heat to medium and cook for 10-12 mins until tender. Drain well, then return to the pan. Add **1 tbs olive oil**, season with **salt and pepper**, then mash with a potato masher or fork until smooth. Cover to keep warm.



3. Warm wraps

Meanwhile, heat a medium frypan over medium-high heat. Warm the **wraps**, one at a time, for 30 secs each side or until heated through. Wrap in a clean tea towel or foil to keep warm.



4. Cook smoky beef

Heat **2 tsp olive oil** in the same frypan over medium heat. Cook the **garlic**, stirring, for 30 secs or until fragrant. Increase the heat to high, add the **beef mince** and **1 tsp smoked paprika** (the remaining paprika won't be used in this dish) and season with **salt and pepper**. Cook, breaking up the lumps with a spoon, for 4-5 mins until browned.




5. Serve up

Add **1 tbs tomato paste** to the **mince mixture** and cook, stirring occasionally, for a further 2 mins or until well coated and almost caramelised. Put the **wraps** on a work surface, spread with the **carrot mash** and top with the **beef mixture, tomato** and **rocket**. Divide the **tacos** among plates and enjoy.



6. Make it yours

Give these tacos a Middle Eastern spin by combining a little tahini paste with Greek-style yoghurt to spoon over the filling. Or keep it classic with sour cream and grated cheese.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 Packed in Australia
from at least 65%
Australian ingredients