

MARLEY SPOON



Spicy Beef Soft Corn Tacos

with Pickled Vegetables

 20min  2 Portions

Ditch the richness of Tex-Mex tacos for this healthier version featuring tangy yoghurt instead of sour cream; minced beef for lightning-speed cooking; and pickled radish for a lively kick. Laced with smoky chipotle and fresh red chilli, these tacos still pack plenty of punchy flavour for those who like to turn up the heat.

What we send

- Greek-style yoghurt ⁷
- tomato paste
- corn tortillas
- garlic, coriander
- puréed chipotle
- grass-fed beef mince
- red onion, long red chilli, red radishes

What you'll require

- olive oil
- sea salt flakes
- sugar
- water
- white vinegar

Utensils

- baking paper
- foil
- large frypan
- small saucepan

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

Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 650.0kcal, Fat 28.5g, Proteins 41.2g, Carbs 53.5g



1. Prepare ingredients

Preheat the oven to 200C. Halve the **onion**, then thinly slice. Thinly slice the **chilli**, removing the seeds if less heat is desired. Thinly slice the **radishes**. Combine the **onion, chilli** and **radishes** in a bowl.



2. Pickle vegetables

Put the **white vinegar, sugar, salt** and the **water** (see staples list) in a small saucepan over low heat, stirring to dissolve the sugar. Immediately pour over the radish mixture and set aside.



3. Marinate beef

Finely chop or crush the **garlic**. Put in a bowl with **1 tbs oil** the **chipotle, tomato paste** and **salt**. Stir to combine, then add the **beef** and mix until well combined.



4. Warm tortillas

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.



5. Cook beef

Meanwhile, heat a large frypan over high heat. Add the beef mixture and cook, stirring to break up any lumps, for 5 mins or until browned. Turn off the heat.



6. Get ready to serve

While the beef is cooking, pick the **coriander** leaves, add to the radish mixture and toss gently to combine. Divide the tortillas among plates, then top with some **yoghurt**, beef mixture and pickled vegetables to serve.