

Beef 'Taco' Salad

with Sour Cream and Avocado

hellóchef

Yay for low carb tacos!

Cals 852 • Prot 56 • Carbs 47 • Fat 54

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🕒 cook: 20 min

R2417

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Toppings	2 ppl	3 ppl	4 ppl	
Lean beef mince	350	525	700	Grams
Red onion	1	1	1	Piece
Black pepper	0.5	1	1	Tsp
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Smoked paprika powder	2	4	4	Grams
Coriander cumin powder	4	8	8	Grams
Chipotle powder	2	2	4	Grams
Tomato paste	50	70	70	Grams
Honey	15	15	30	Grams
Soy sauce 9*, 10*, 11*	10	10	20	ML
Water	50	75	100	ML
Grated cheddar 4*	60	90	120	Grams
Red pepper	1	2	2	Piece
Salad				
Fresh coriander	15	15	15	Grams
Romaine lettuce	200	300	400	Grams
Cherry tomatoes	150	250	300	Grams
Avocado	1	2	2	Piece
Lime	2	3	4	Piece
To serve				
Sour cream 4*	60	90	120	Grams

Allergens

*9 Soya, *10 Wheat, *11 Gluten, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3565 / 852
Fat (g)	54
of which saturates (g)	23.1
Carbohydrate (g)	47
of which sugars (g)	18.8
Fiber (g)	18.6
Protein (g)	56.1
Salt (g)	2.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Fry vegetables

Peel and finely chop half of the **red onion** (reserve the rest for the salad). De-seed and finely chop the **pepper**. Heat a non-stick pan over a medium-low heat with a drizzle of **olive oil**. Once hot, add the **onion** and **pepper** with a pinch of **salt** and cook for 5 min or until softened.

Tip! Don't want to add raw onion to your salad? Chop it all in this step, and cook it all in step 2.



2 Fry beef

Add the **beef mince** and fry for for 4 min. Add the **smoked paprika, cumin coriander powder** and a pinch of **chipotle (spicy!)**. Fry for 1 min.



3 Simmer

Add the **tomato paste, honey, soy sauce** and **measured water** and simmer for 5 min until most of the liquid has evaporated. Season with **salt** and **pepper**. Sprinkle with the **grated cheddar**, remove the pan from the heat, cover with a lid and set aside to melt slightly.



4 Make salad

Meanwhile, rinse and chop the **lettuce**. Halve the **cherry tomatoes**. Slice the remaining **red onion** finely. Chop the **coriander**. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon and slice it. Mix the **lettuce, tomatoes, red onion, coriander** and **avocado** in a bowl with {1/1.5/2} Tbsp of **lime** juice.



5 Serve

Divide the **salad** among plates and top it with the **cheesy beef**. Serve with a dollop of **sour cream**.