



Beef and Corn Taquitos

with Chopped Salad

Family Friendly

30 Minutes



Ground Beef



Mexican Seasoning



Flour Tortillas, 6-inch



Corn Kernels



Garlic



Spring Mix



Cheddar Cheese,
shredded



Roma Tomato



Green Onions



Tomato Sauce



Lime



Sour Cream

HELLO TAQUITOS

This popular Mexican street food is normally deep-fried. However, we've baked these instead to give them a healthy twist!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Baking sheet, measuring spoons, silicone brush, large bowl, parchment paper, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Mexican Seasoning	1 tbsp	2 tbsp
Flour Tortillas, 6-inch	6	12
Corn Kernels	56 g	113 g
Garlic	6 g	12 g
Spring Mix	56 g	113 g
Cheddar Cheese, shredded	½ cup	1 cup
Roma Tomato	80 g	160 g
Green Onions	2	4
Tomato Sauce	2 tbsp	4 tbsp
Lime	1	1
Sour Cream	3 tbsp	6 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

Thinly slice the **green onions**. Cut **tomatoes** into ¼-inch pieces. Juice the **lime**. Peel, then mince or grate the **garlic**.



Bake taquitos

Brush **taquitos** with **1 tbsp oil** (dbl for 4 ppl), then sprinkle **remaining cheese** over top. Bake in the **middle** of the oven, until golden-brown, 6-8 min.



Make filling

Heat a large non-stick pan over medium-high heat. When hot add **½ tbsp oil** (dbl for 4 ppl), then the **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 3-4 min. ** Season with **salt** and **pepper**. Add the **Mexican Seasoning**, **tomato sauce** and **garlic**. Cook until fragrant, 1 min. Add **corn** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until slightly thickened, 2-3 min. Remove from heat.



Make salad

While the **taquitos** bake, whisk together **1 tbsp lime juice**, **2 tbsp oil** and **½ tsp sugar** (dbl all for 4 ppl) in a large bowl. Add the **spring mix**, **tomatoes** and **half the green onions**. Stir to coat with the **dressing**. Season with **salt** and **pepper**.



Assemble taquitos

Arrange **tortillas** on a clean surface. Divide **beef mixture**, using a spoon. Sprinkle **cheese** over top. Roll **tortillas** tightly over filling, then arrange them on a parchment-lined baking sheet, seam-side down.



Finish and serve

Divide the **beef taquitos** between plates. Dollop with **sour cream** and sprinkle **remaining green onions** over top. Serve the **salad** on the side.

Dinner Solved!