



Beef and Corn Taquitos

with Chopped Salad

Family Friendly

30 Minutes



Ground Beef



Mexican Seasoning



Flour Tortillas, 6-inch



Canned Corn



Garlic



Spring Mix



Cheddar Cheese, shredded



Roma Tomato



Green Onions



Tomato Sauce Base



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, whisk, large non-stick pan, strainer

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Mexican Seasoning	2 tbsp	4 tbsp
Flour Tortillas, 6-inch	6	12
Canned Corn	113 g	227 g
Garlic	6 g	12 g
Spring Mix	56 g	113 g
Cheddar Cheese, shredded	1 cup	2 cup
Roma Tomato	80 g	160 g
Green Onions	2	4
Tomato Sauce Base	2 tbsp	4 tbsp
Lime	1	2
Sour Cream	3 tbsp	6 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°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 **lime**. Peel, then mince or grate the **garlic**. Drain, then rinse **corn**.



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, 4-5 min.** Carefully drain and discard fat. Add **Mexican Seasoning, tomato sauce base and garlic**. Cook until fragrant, 1 min. Add **half the corn** (use all for 4 ppl) and **2 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until slightly thickened, 2-3 min. Remove from heat.



Make salad

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



Assemble taquitos

Arrange **tortillas** on a clean surface. Divide **beef mixture** down the center of **each tortilla**. Sprinkle **1 tbsp cheese** over each. Roll **tortillas** tightly over **filling and cheese**, then arrange on a parchment-lined baking sheet, seam-side down.



Finish and serve

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

Dinner Solved!