



Carb Smart Tex-Mex Beef Lettuce Wraps

with Tomato-Jalapeño Salsa and Chipotle Drizzle

Smart Meal

Spicy

20 Minutes

Customized Protein





+ Add

Swap











or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

 	 
Ground Pork 250 g 500 g	Beyond Meat 2 4



	
Ground Beef 250 g 500 g	Iceberg Lettuce Head ½ 1
	
Tomato 1 2	Jalapeño 1 2
	
Green Onion 1 2	Crispy Shallots 28 g 56 g
	
Cheddar Cheese, shredded ¼ cup ½ cup	Chipotle Sauce 2 tbsp 4 tbsp
	
Tex-Mex Paste 1 tbsp 2 tbsp	Red Wine Vinegar 1 tbsp 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Medium bowl, measuring spoons, whisk, large non-stick pan

1



Prep

• Before starting, wash and dry all produce.

- Core, then finely chop **jalapeño**, removing seeds for less heat. (**TIP**: We suggest using gloves when prepping jalapeños!)
- Remove any damaged outer leaves of the **lettuce**, then cut in half.
- Separate **half the lettuce leaves** (all the leaves for 4 ppl) from the core. Set aside.
- Cut **tomato** into ¼-inch pieces.
- Thinly slice **green onion**.

4



Make salsa

- Meanwhile, add **vinegar**, **1 tbsp** (2 tbsp) **oil** and **½ tsp** (1 tsp) **sugar** to a medium bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **tomatoes**, **jalapeños** and **green onions** to the bowl with **dressing**, then toss to combine.

2



Cook beef

🔄 Swap | **Ground Pork**

🔄 Swap | **Beyond Meat®**

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **beef**.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.

3



Flavour beef

- Add **Tex-Mex paste** and **1 tbsp** (2 tbsp) **water** to the **beef**. Cook, stirring often, until fragrant, 30 sec. Season with **salt** and **pepper**.
- Remove from heat.

5



Finish and serve

- Divide **lettuce leaves** between plates, then fill with **beef mixture**. (**TIP**: Double up on the lettuce leaves for a studier wrap, if desired). Top with **tomato-jalapeño salsa**.
- Drizzle with **chipotle sauce**.
- Sprinkle **cheese** and **crispy shallots** over top.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Cook pork

🔄 Swap | **Ground Pork**

If you've opted to get **pork**, cook it in the same way the recipe instructs you to cook the **beef****

2 | Cook Beyond Meat®

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, season it in the same way the recipe instructs you to season the **beef**. To cook **Beyond Meat®**, pan-fry over medium-high heat, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min.** Follow the rest of the recipe as written.

** Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.