



DEC
2016

Mexican-Style Beef Roly Polys

with Blistered Green Beans

Flour tortillas stuffed with tasty ground beef and smothered in a cheesy sauce ... yes please! Get the kids to help with the prep - whether it's stirring the sauce or rolling up tortillas, they will be sure to enjoy their roly polys if they've had a hand in making them!



Ground Beef



Onion



Garlic



Green Beans



Cheddar Cheese



Whole Wheat
Tortilla



Beef Broth
Concentrate



Diced Tomatoes



Zucchini



Smoked Paprika



Sour Cream

Ingredients

		4 People
Ground Beef		2 pkg (500 g)
Onion, chopped		1 pkg (113 g)
Garlic		2 pkg (20 g)
Green Beans		3 pkg (454 g)
Cheddar Cheese	1)	1 pkg (1 cup)
Whole Wheat Tortillas, 6"	2) 3)	8
Beef Broth Concentrate		2 pkg
Diced Tomatoes		1 can
Zucchini		1
Smoked Paprika		1 pkg (2 tsp)
Sour Cream	1)	2 pkg
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Milk/Lait
- 2) Wheat/Blé
- 3) Soy/Soja

Tools

Baking sheet, Grater, Large pan, 9x13 inch baking dish

Ruler

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Nutrition per person Calories: 721 cal | Fat: 34 g | Protein: 44 g | Carbs: 59 g | Fiber: 6 g | Sodium: 524 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1 Preheat the broiler to high. (To broil the green beans and roly polys.)

2 Prep: Wash and dry all produce. Mince or grate the **garlic**. Coarsely grate the **zucchini**.

3 Broil the green beans: Toss the **green beans** on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Broil in the centre of the oven, stirring halfway through cooking, until the beans are tender and begin to blister, 8-10 min.

4 Cook the beef: Meanwhile, heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **onion** and **garlic**. Cook until softened, 4-5 min. Add the **ground beef** and **zucchini**. Cook, breaking the meat up into pieces, until the beef is very brown, 8-10 min.

5 Reduce the heat to medium-low. Add the **broth concentrates**, **diced tomatoes** and **smoked paprika**. Cook until the sauce thickens slightly, 5-6 min. (**TIP:** You want the mixture to be a scoopable consistency!)

6 Divide the beef mixture between tortillas. Roll up and place, seam-side down, in a lightly oiled 9x13-inch baking dish. Spread the **sour cream** over the tops of the roly polys, and sprinkle evenly with the **cheddar cheese**. Broil in the centre of the oven and until the cheese is golden and bubbly, 4-5 min.

7 Finish and serve: Serve the **roly polys** with a side of **blistered green beans**. Enjoy!

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