



Chipotle Pulled Beef Tacos and Charred Corn Salsa

with Avocado, Tomato and Baby Gem Soured Cream Slaw

Premium Ingredient Medium Spice

Preparation time : 25 min.



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|  |  |
| Sweetcorn | Slow Cooked Beef |
|  |  |
| Baby Plum Tomatoes | Avocado |
|  |  |
| Greek Style Salad Cheese | Baby Gem Lettuce |
|  |  |
| Soured Cream | Sliced Carrot and Cabbage Mix |
|  |  |
| Plain Taco Tortillas | Chipotle Paste |
|  |  |
| Honey | Olive Oil for the Salsa |



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/chipotle-pulled-beef-tacos-and-charred-corn-salsa-594>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Medium Bowl, Large Saucepan, Lid, Sieve, Fork, Large Frying Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Sweetcorn (grams)	160	340	340
Slow Cooked Beef (grams)	280	420	560
Baby Plum Tomatoes (grams)	125	190	250
Avocado (unit(s))	1	1	2
Greek Style Salad Cheese (grams)	50	100	100
Baby Gem Lettuce (unit(s))	1	2	2
Soured Cream (grams)	75	150	150
Sliced Carrot and Cabbage Mix (grams)	120	180	240
Plain Taco Tortillas (unit(s))	6	9	12
Chipotle Paste (grams)	20	30	40
Honey (grams)	15	22½	30
Olive Oil for the Salsa (tbsp)	1	1½	2
Add yourself			

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	3895 kJ
Energy (kcal)	931 kcal
Fat	43.9 g
of which saturates	14.7 g
Carbohydrate	81.1 g
of which sugars	22.2 g
Dietary Fibre	13.4 g
Protein	44.6 g
Salt	2.7 g

Allergens

Mustard, Milk, Wheat, May contain traces of allergens, Celery, Cereals containing gluten

Always check the product labels for allergen information.



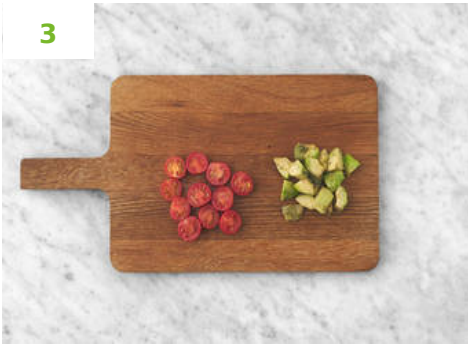
Char the Corn

If you don't have a microwave, heat your oven to 220°C/200°C fan/gas mark 7 for the **tortillas**. Drain the **sweetcorn** in a sieve. Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour. Remove from the heat.



Simmer the Beef

Meanwhile, heat a large saucepan with a tight-fitting lid on medium-high heat. Add the **beef** along with the **juices** from the packet and season with **salt** and **pepper**. Simmer on low with the lid on until tender enough to shred with a fork, 10-15 mins. **IMPORTANT:** *Ensure the beef is piping hot throughout.*



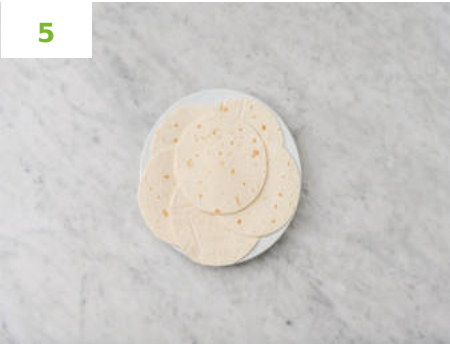
Make the Salsa

Meanwhile, halve the **baby plum tomatoes**. Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto your board. Cut into 2cm chunks. Once the **corn** has charred, in a medium bowl, combine the **baby plum tomatoes**, **charred corn**, **avocado** and **olive oil for the salsa** (see pantry for amount). Crumble in the **Greek style cheese**. Season with **salt** and **pepper**, then toss to combine - this is your **salsa**. Set aside for later.



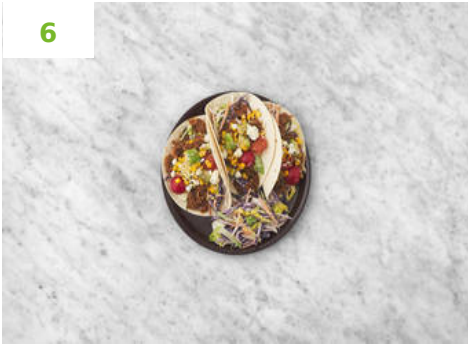
Make your Slaw

Trim the **baby gem**, halve lengthways, then thinly slice. In a medium bowl, combine the **soured cream**, **sliced carrot and cabbage mix** and **baby gem**. Season with **salt** and **pepper** and mix well. Set aside.



Bring it All Together

Pile the **tortillas** (3 per person) onto a plate. Heat them through in the microwave, 850W: 50 secs / 750W: 1 min, until warm and soft. If you're using the oven, pop them into the oven to warm through, 1-2 mins. Once tender, remove the lid from the **beef** and shred using two forks. Stir through the **chipotle paste** and **honey**. Season with **salt** and **pepper**. TIP: If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.



Serve Up

When everything's ready, lay the **tortillas** onto your serving plates. To make your **tacos**, top with some of the **baby gem slaw**, **chipotle beef** and some **salsa**. **TIP:** *Tacos are best enjoyed eaten by hand - tuck in the end of the tortillas and get stuck in!* Serve the remaining **salad** and **salsa** alongside.

Enjoy your meal!