



READY TO COOK
BY HARRIS FARM

PLANT BASED TACOS MEXICANOS W/ ROASTED CORN, TOMATO, FABLE BEEF & GUACAMOLE



PREP
15 min



COOK
30 min

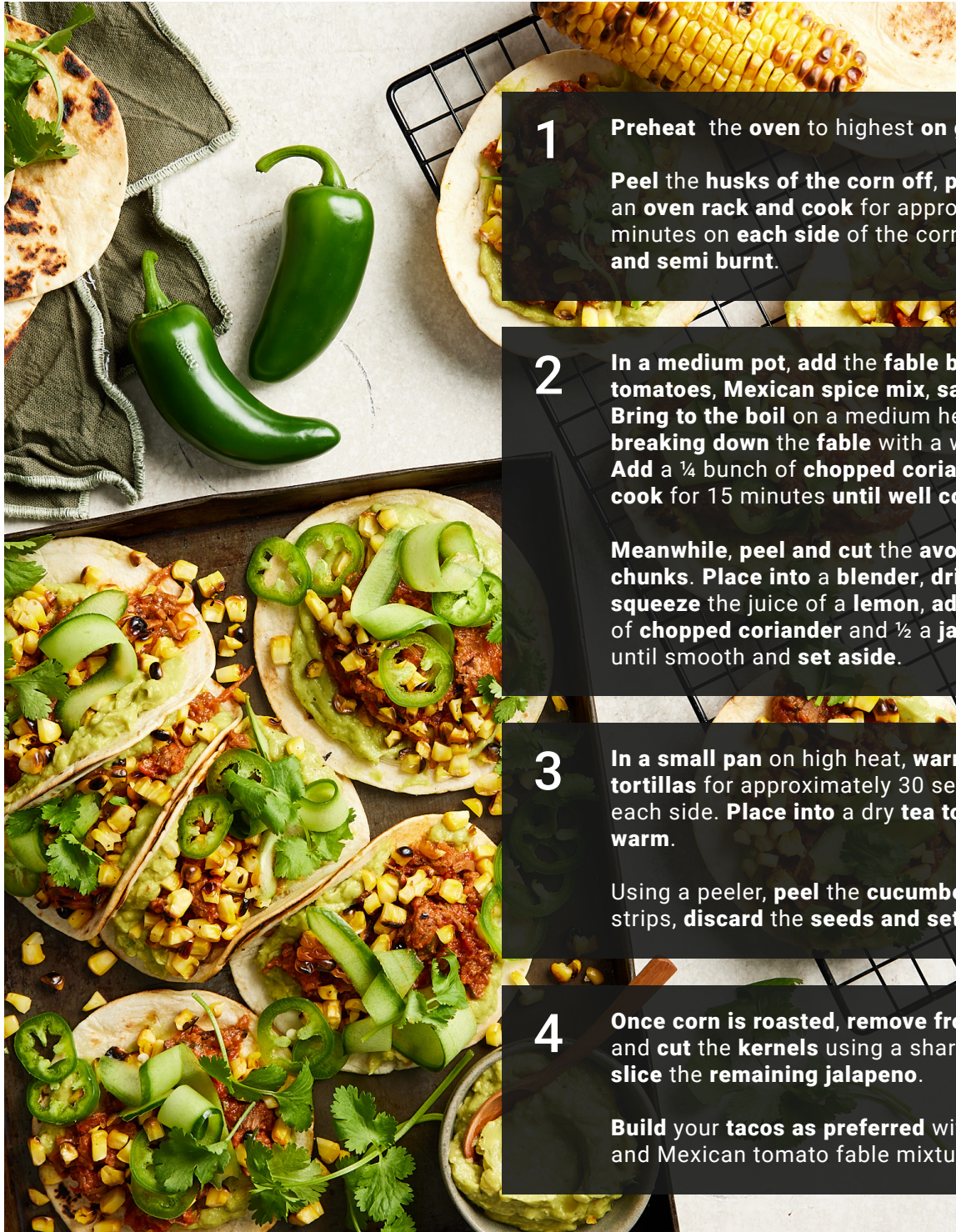


SERVES
4

INGREDIENTS:

- > 20 x 640g Tortillas
- > 3 Corns
- > 2 Avocados
- > 1 Coriander Bunch
- > 2 Jalapenos
- > 1 Lebanese Cucumber
- > 250g Plant Based Braised Beef
- > 400g Chopped Tomatoes
- > 1 ½ Tbsp Mexican Spice Mix
- > 1 Lemon

METHOD – GET COOKING!



1 Preheat the oven to highest on grill function.

Peel the husks of the corn off, place them on an oven rack and cook for approximately 5 minutes on each side of the corn until black and semi burnt.

2 In a medium pot, add the fable beef, chopped tomatoes, Mexican spice mix, salt and pepper. Bring to the boil on a medium heat while breaking down the fable with a wooden spoon. Add a ¼ bunch of chopped coriander and let it cook for 15 minutes until well combined.

Meanwhile, peel and cut the avocado into chunks. Place into a blender, drizzle olive oil, squeeze the juice of a lemon, add a ¼ bunch of chopped coriander and ½ a jalapeno. Blitz until smooth and set aside.

3 In a small pan on high heat, warm up the tortillas for approximately 30 seconds on each side. Place into a dry tea towel and keep warm.

Using a peeler, peel the cucumber to form long strips, discard the seeds and set aside.

4 Once corn is roasted, remove from the oven and cut the kernels using a sharp knife. Finely slice the remaining jalapeno.

Build your tacos as preferred with guacamole and Mexican tomato fable mixture.



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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