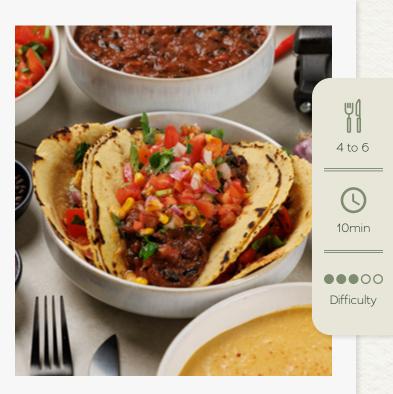


GARDEN OF GOODNESS

# MEAL







# MEXICAN TACOS

Spice up your dinner with Garden of Goodness' 'Mexican Tacos' Meal Kit. This vibrant, certified organic kit brings the zesty flavours of Mexico to your table, the healthy way. Gluten-free, dairy-free, and free from refined sugar, oil, preservatives, and additives, our kit lets you enjoy authentic taste without compromise.

We've included all the essentials for delicious tacos, using only premium organic ingredients. Customize your meal with suggested add-ons and pantry items to create your perfect fiesta. Whether you're a health enthusiast or taco lover, our kit offers a nutritious, flavorful adventure that's easy to prepare and sure to satisfy.



# FROM YOUR KIT



- 2 x Corn Tortilla's 6 pack (cooked) 12 in total
- 2x Mexican Bean Protein Pack 400g (cooked)
- 1x Mac and cheese Sauce 400g (cooked)
- 1x Mexican Salsa Due Pack 360g (ready to serve)
  - Coriander Sour Cream
  - Tomato Corn Salsa



# WE RECOMMEND

Mexican Guacamole







2 Avocado's

Lemon Juice

Salt & Pepper



# OPTIONAL ADDITIONS

- For extra protein, add your choice of protein
- Sprinkle micro greens, sprouts or fresh herbs like coriander for added micronutrients



a New way to enjoy Gourmet!











## INSTRUCTIONS

STEP ONE

# WARM THE CORN TORTILL AS\*

\*Already cooked - simply reheat for softness and flexibility.

#### Option A: Microwave

- Remove from packaging.
- Wrap tortillas in a clean tea towel or paper towel.
- Microwave on high for 40 seconds, then flip the stack and heat for another 40 seconds
- Be careful when unwrapping steam will be hot.

#### Option B: Oven

- Preheat oven to 180°C (fan forced).
- Remove from packaging and lay tortillas flat on a baking tray.
- Heat for 3-5 minutes, until warm and pliable.

STEP TWO

HEAT THE MEXICAN BEAN PACK

# Option A: Microwave

- Pierce or peel back film slightly
- Heat on high for 2-3 minutes
- Use caution container and contents will be hot

#### Option B: Stove Top

- Pour contents into a saucepan
- Add a splash of water if needed
- Heat over medium heat for 5-6 minutes, stirring occasionally

Snap a pic of your Meal Kit experience, upload to socials and tag us! @wearegardenofgoodness



#### STEP THREE

## HEAT THE MAC AND CHEESE SAUCE

#### Option A: Microwave

- Pierce or peel back film slightly.
- Heat on high for 2-3 minutes.
- Use caution container and contents will be hot

## Option B: Stove Top

- Pour contents into a saucepan
- Heat over medium heat for 5-6 minutes, stirring occasionally

#### STEP FOUR



#### PREPARE THE GUACAMOLE\*

- Remove avocado seeds and scoop flesh into a bowl
- Mash with a fork until smooth or slightly chunky
- Squeeze in ½-1 lemon or lime, to taste
- Add a pinch of salt and mix well
- Optional: Add chopped coriander or diced red onion for extra punch \*The Guacamole is optional

#### STEP FIVE





#### UNPACK THE MEXICAN SALSA & SOUR CREAM

- No heating required serve chilled or at room temperature
- Place your Mexican Salsa & Sour Cream into 2 small servina bowls

#### STEP SIX

ASSEMBLE YOUR TACOS!

Stack your tacos with - a generous spoonful of Mexican Beans, a drizzle of Mac & Cheese Sauce. and a dollop of Guacamole. Top with Tomato Corn Salsa and Coriander Sour Cream. Enjoy!





