



# MEXICAN TACOS

## FAMILY FRIENDLY

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 TORTILLAS\*

\*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

### 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 serving 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!



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