

Barbacoa Lamb & Beef Tacos

with Roasted Honeynut Squash & Brussels Sprouts

Tonight's tacos capture the exciting flavors of barbacoa, a Mexican preparation of lamb or beef (traditionally slow-cooked in a pit in the ground) beloved for its delicious seasonings. Our smoky, earthy and zesty blend—including paprika, cumin and cayenne—perfectly complements the richness of ground lamb and beef. On the side, we're topping roasted Brussels sprouts and petite honeynut squash with quick-pickled onion for a delightfully tangy finish. (Feel free to use some of the onion as extra garnish for your tacos!)

Blue Apron Wine Pairings

Shannon Ridge Zinfandel, 2015
Almez Monastrell, 2013



Ingredients

- 1½ Pounds Ground Lamb & Beef Blend
- 8 Flour Tortillas
- 4 Ounces Brussels Sprouts
- 2 Honeynut Squash
- 2 Limes
- 1 Avocado
- 1 Red Onion
- 1 Bunch Cilantro

Knick Knacks

- 2 Tablespoons Tomato Paste
- 1½ Tablespoons Sugar
- 1 Tablespoon Barbacoa Spice Blend
(Ground Cumin, Smoked Paprika, Garlic Powder, Onion Powder, Cayenne Pepper, Ground Coriander & Ground Cinnamon)

Makes: 4 servings

Prep Time: 15 minutes | **Cook Time:** 35–45 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp370

1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Cut off and discard the squash ends. Using a knife, peel and halve the squash; scoop out and discard the pulp and seeds. Cut the squash into ¼-inch-thick pieces. Cut off and discard the stem ends of the Brussels sprouts; halve lengthwise. Quarter the limes. Peel and halve the onion. Small dice 1 half; place in a bowl with **the juice of 2 lime wedges**. Thinly slice the remaining half. Pit, peel and thinly slice the avocado; place in a bowl with **the juice of 2 lime wedges** and season with salt. Finely chop the cilantro leaves and stems.

2



Roast the vegetables:

Place the **squash** and **Brussels sprouts** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast, turning halfway through, 20 to 22 minutes, or until browned and tender when pierced with a fork. Remove from the oven and transfer to a serving dish, leaving the oven on. Set aside in a warm place.

3



Pickle the onion:

While the vegetables roast, in a large pan (nonstick, if you have one), combine the **sliced onion**, **sugar**, **the juice of the remaining lime wedges** and **¼ cup of water**; season with salt and pepper. Heat to boiling on high. Cook, stirring occasionally, 1 to 2 minutes, or until the onion has softened and the liquid is slightly reduced in volume. Transfer to a heatproof bowl. Let cool, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.

4



Start the filling:

While the onion cools, rinse and wipe out the pan. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **diced onion**. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Add the **ground lamb and beef**; season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 8 to 10 minutes, or until lightly browned and cooked through.

5



Finish the filling:

To the pan, add the **tomato paste** and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until the tomato paste is dark red and fragrant. Add **¾ cup of water**. Cook, stirring occasionally, 3 to 5 minutes, or until thickened and saucy. Remove from heat and season with salt and pepper to taste. Set aside in a warm place.

6



Warm the tortillas & serve your dish:

Stack the **tortillas** on a large piece of foil; tightly wrap. Carefully place directly onto the oven rack and warm 6 to 8 minutes, or until heated through. Remove from the oven and carefully unwrap; transfer to a serving dish. Divide the **finished filling** and **avocado** between the warmed tortillas. Top the **roasted vegetables** with the **pickled onion** (reserving the pickling liquid). Garnish the tacos with a drizzle of the **reserved pickling liquid** and the **cilantro**. Enjoy!