

OVERALL time: 25 mins

SMASH BURGER TACOS

These Smash Burger Tacos are easy to make and will elevate your Taco making skills to a new high.

Metric

Number of servings : 4

ingredients

For the sauce

- 125 ml Mayonnaise
- 15 ml Tomato sauce
- 15 ml Chutney
- 5 ml Dijon mustard
- 5 ml Sherry vinegar
- 5 ml **Cape Herb and Spice Chipotle chilli**

For the tacos

- 450 g Free-range beef mince (80% lean meat to 20% fat content is best for this and all burger patties)

To serve

- Shredded crunchy lettuce
- Sliced tomatoes
- Sliced onion
- Sliced gherkins

to season

- **Cape Herb and Spice Smokehouse BBQ Rub**

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 10 mins

For the sauce:

Combine all the ingredients in a small bowl and mix well.

Taste to adjust seasoning.

Set aside in the fridge until serving.

For the tacos:

Heat a large cast-iron pan over medium-high heat until very hot.

Divide beef into 6 equal 75g portions.

Place beef on one side of each tortilla and press down until almost completely covered and even.

N.B. Do not season your meat until you are ready to cook. If you need to cook the tacos in batches, season each batch just before cooking or the meat will shrink substantially.

Season the mince covered tortillas generously with **Cape Herb & Spice Smokehouse BBQ Seasoning**.

Place tortillas in the hot pan meat side down and cook.

Press each one down with a spatula a few times until a nice brown crust forms.

Flip the tortillas over, top with a slice of cheese and cook until the tortillas are golden and crisp on the bottom and the cheese has melted.

Transfer the tortillas to a board or platter.

Spread each one with a good dollop of chipotle sauce.

Top with lettuce, tomato, onion and gherkins.

Serve straight away and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>

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