



LOW CALORIE

KETO FRIENDLY

Beef Taco Lettuce Wraps

with Fresh Salsa & Lime Crema



30min



2 Servings

Crisp lettuce wraps are the perfect keto-friendly vehicle for big flavor. We use tender beef cooked down with a taco spice blend and rich, earthy poblano peppers. Pile your wraps high with a fresh salsa of tomatoes, scallions, and lime juice, then finish them with a dollop of tangy lime crema. Who said taco night is only for Tuesday?

What we send

- 3 oz scallions
- garlic
- 1 poblano pepper
- 2 limes
- 1 plum tomato
- 1 romaine heart
- 2 oz shredded cheddar-jack blend ⁷
- 10 oz ground beef
- taco seasoning (use 2¼ tsp)
- 1 oz pkt sour cream ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- box grater
- medium skillet

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 630kcal, Fat 45g, Carbs 21g, Proteins 38g



1. Prep ingredients

Trim **scallions**, then thinly slice on an angle, keeping dark greens separate. Peel and finely chop **1½ teaspoons garlic**. Halve **poblano**, remove and discard stem and seeds, then cut into ¼-inch pieces.



4. Cook beef

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **scallion whites and light greens, poblanos, and remaining garlic**; cook, stirring, until fragrant and softened, 2-3 minutes. Add **beef, 2¼ teaspoons of the taco seasoning, and 2 tablespoons water**, and cook, breaking up any large pieces of meat, until browned and cooked through, 3-4 minutes. Season with **salt**.



2. Make salsa

Squeeze **2 tablespoons lime juice** into a small bowl; cut any remaining lime into wedges. Halve **tomato**, then cut into ¼-inch pieces. In a small bowl, toss to combine tomatoes, **half of the scallion dark greens**, 1½ tablespoons of the lime juice, **½ teaspoon of the garlic**, and **1 tablespoon oil**. Season to taste **salt** and **pepper**.



5. Make crema

Meanwhile, in a small bowl, whisk to combine **sour cream** and **remaining lime juice**. Season to taste with **salt** and **pepper**.



3. Prep lettuce & cheese

Rinse and gently pat dry **6 romaine leaves**; wrap in a damp towel and reserve for step 6. Coarsely shred **cheese** on the large holes of a box grater.



6. Assemble & serve

Place **lettuce leaves** on plates. Spoon **beef** onto lettuce and top with **some of the cheese and salsa**. Drizzle **crema** on top, and sprinkle **remaining scallion darks greens** over. Serve **remaining salsa** on the side. Enjoy!