



Weeknight Buffalo Smash Turkey Tacos

These Weeknight Buffalo Smash Turkey Tacos are packed with bold, tangy buffalo flavour and juicy, lean turkey. Creamy blue cheese dip adds a cool, rich contrast, while fresh tomatoes and parsley bring brightness to every bite. Served with crispy sweet potato wedges, this plate delivers the perfect balance of spice, freshness, and satisfying comfort.

Nutritional Info

Calories: 781.5 kcal
Carbohydrates: 65.5 g
Protein: 43 g
Fat: 38.5 g

Ingredients

- Turkey Mince
- Taco wraps
- Sour cream
- Sweet potato
- Cashel Blue Cheese
- Cherry tomato
- Fresh Parsley
- Garlic clove
- Buffalo hot sauce

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens

[Wheat \(Flour\)](#)
[Milk \(Cheese, Sour cream\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Preheat the oven to 200C**

2) **Make the wedges**

Cut the sweet potatoes into slim wedges. Assemble onto a baking tray and drizzle with oil and a sprinkle of salt and pepper. Mix well then place in the oven for around 30 mins, turning half way through.

3) **Prepare the vegetables and blue cheese dip**

Finely chop the tomatoes and parsley. Peel and crush the garlic.

To a bowl, add the sour cream and crumble in the blue cheese. Use the back of a fork to mash it in and mix well. Add in about ¼ tsp of crushed garlic per person portion and half the parsley. Mix well and set aside.

4) **Prepare the tacos.**

In a bowl mix the turkey mince and buffalo sauce until thoroughly combined. Lay out the taco wraps and split the turkey mix evenly across them. Use the back of a fork to spread the turkey mix across the wrap until you achieve a thin and even layer over the top of the taco.

5) **Cook the taco**

Place a non-stick frying pan on medium heat with a little oil. Once hot, lay the wraps turkey-side down on the pan. Fry for 3-4 minutes, then very carefully use a thin spatula to lift the wrap and flip it over. Cook for another 30 seconds or until the bread side is golden and crispening. Transfer to a warm plate and repeat until all the tacos are cooked.

6) **Serve the dish**

Serve the tacos on plates and top with the blue cheese dip, cherry tomatoes and remaining parsley. Enjoy with the sweet potato wedges.



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