



Thai Sticky Glazed Beef Tacos

with Pickled Carrot & Cucumber

Grab your Meal Kit with this symbol



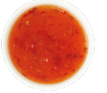
Cucumber



Carrot



Oyster Sauce



Sweet Chilli Sauce



Beef Strips



Mini Flour Tortillas



Garlic Aioli



Mixed Salad Leaves



Crunchy Fried Noodles



Coriander



Beef Strips

Prep in: **15-25 mins**
Ready in: **20-30 mins**

Get excited for dinner! These colourful handfuls are bursting with deliciousness from the sweet and tangy oyster and chilli-glazed beef and the spiked pickled veggies and also has some serious crunch from the fried noodles.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1	2
carrot	1	2
vinegar* (white wine or rice wine)	½ cup	¾ cup
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
beef strips	1 small packet	2 small packets OR 1 large packet
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag
crunchy fried noodles	½ medium packet	1 medium packet
coriander	1 bag	1 bag
beef strips**	2 small packets	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2925kJ (699Cal)	637kJ (152Cal)
Protein (g)	39.1g	8.5g
Fat, total (g)	34.8g	7.6g
- saturated (g)	7.9g	1.7g
Carbohydrate (g)	63.3g	13.8g
- sugars (g)	21.8g	4.7g
Sodium (mg)	1845mg	402mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3695kJ (883Cal)	632kJ (151Cal)
Protein (g)	68.6g	11.7g
Fat, total (g)	42.1g	7.2g
- saturated (g)	10.9g	1.9g
Carbohydrate (g)	63.3g	10.8g
- sugars (g)	21.8g	3.7g
Sodium (mg)	1913mg	327mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Pickle the veggies

- Thinly slice **cucumber** into rounds.
- Grate **carrot**.
- In a medium bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** and grated **carrot** to pickling liquid. Add enough water to just cover veggies. Set aside.

TIP: Slicing the cucumber very thinly helps it pickle faster!

3



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Return all **beef** to pan. Add **oyster sauce mixture** and cook, tossing, until sauce is bubbling, **1 minute**.

TIP: Cooking the beef in batches over high heat helps it stay tender.

Custom Recipe: If you've doubled your beef strips, cook in batches for the best results!

2



Get prepped

- Meanwhile, in a small bowl, combine **oyster sauce** and **sweet chilli sauce**. Set aside.

4



Serve up

- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- Drain cucumber and carrot.
- Spread **garlic aioli** over tortillas. Fill with **mixed salad leaves**, pickled cucumber and carrot and sticky glazed beef. Top with **crunchy fried noodles** (see ingredients). Tear over **coriander**.
- Serve with any remaining pickled veggies. Enjoy!

Rate your recipe

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