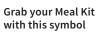


Easy Japanese-Style Beef Tacos with Sesame Slaw & Apple

KID FRIENDLY

BESTSELLER













Brown Onion Ginger Paste











Japanese Style Dressing

Mixed Sesame



Mini Flour Tortillas





Prep in: 10-20 mins Ready in: 20-30 mins

Tender beef strips get an aromatic boost in these speedy tacos inspired by Japanese flavours. Complete with a crisp slaw, nutty sesame seeds and refreshing apple, little cooks can show you how it's done and help build the tacos!

Pantry items

Olive Oil, Soy Sauce, Honey

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

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	2 cloves	4 cloves		
apple	1	2		
brown onion	1	2		
ginger paste	1 medium packet	1 large packet		
soy sauce*	2 tbs	1/4 cup		
honey*	1 tbs	2 tbs		
beef strips	1 small packet	2 small packets OR 1 large packet		
Japanese style dressing	1 packet	2 packets		
slaw mix	1 small bag	1 large bag		
mixed sesame seeds	1 medium packet	1 large packet		
mini flour tortillas	6	12		
mayonnaise	1 packet (40g)	2 packets (80g)		
beef rump**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3355kJ (802Cal)	612kJ (146Cal)
Protein (g)	42.4g	7.7g
Fat, total (g)	40g	7.3g
- saturated (g)	7.4g	1.3g
Carbohydrate (g)	64.5g	11.8g
- sugars (g)	27.1g	4.9g
Sodium (mg)	1532mg	279mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3248kJ (776Cal)	566kJ (135Cal)
Protein (g)	43.6g	7.6g
Fat, total (g)	36.6g	6.4g
- saturated (g)	5.6g	1g
Carbohydrate (g)	64.5g	11.2g
- sugars (g)	27.1g	4.7g
Sodium (mg)	1537mg	268mg

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





Get prepped

- Finely chop garlic. Roughly chop apple. Thinly slice brown onion.
- In a small bowl, combine garlic, ginger paste, the soy sauce and the honey.

Little cooks: Take charge by combining the ingredients for the sauce!

Custom Recipe: If you've upgraded to beef rump, place beef between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened (to ensure it's extra tender once cooked). Season with salt and pepper.



Prep the slaw & tortillas

- While beef mixture is simmering, in a medium bowl, combine **Japanese** style dressing and a drizzle of olive oil. Add slaw mix, apple and half the mixed sesame seeds. Toss to coat. Set aside.
- Microwave mini flour tortillas on a plate in 10 second bursts, until heated through.



Cook the onion & beef

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook onion, stirring, until tender, 4-5 minutes. Transfer to a bowl.
- Return pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips**, in batches (this helps the beef stay tender), until browned and cooked through, 1-2 minutes.
- Return beef strips and onion to pan. Add honey-soy mixture and simmer until heated through, 1-2 minutes. Remove from heat.

Custom Recipe: After cooking the onion, return pan to high heat with a drizzle olive oil. When oil is hot, cook beef rump, turning, for 3-6 minutes (depending on thickness), or cooked to your liking. Transfer to a plate to rest. Return onion to pan. Add honey-soy mixture and simmer, 1-2 minutes.



Serve up

- Spread each tortilla with mayonnaise. Fill with a helping of sesame slaw and Japanese-style beef.
- · Sprinkle with remaining sesame seeds to serve. Enjoy!

Custom Recipe: Slice beef. Spread each tortilla with mayo and fill with sesame slaw and beef. Sprinkle with sesame seeds to serve.

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