



Quick Japanese-Style Beef Tacos

with Pea Pod Slaw & Apple

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Garlic



Apple



Brown Onion



Pea Pods



Ginger Paste



Beef Strips



Japanese Style Dressing



Slaw Mix



Mixed Sesame Seeds



Mini Flour Tortillas



Mayonnaise



Prawns

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!

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

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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
apple	1	2
brown onion	1	2
pea pods	1 small bag	1 medium bag
ginger paste	1 medium packet	1 large packet
soy sauce*	2 tbs	¼ 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)	1 packet (80g)
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3370kJ (805Cal)	614kJ (147Cal)
Protein (g)	42.7g	7.8g
Fat, total (g)	40.3g	7.3g
- saturated (g)	7.5g	1.4g
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)	2897kJ (692Cal)	553kJ (132Cal)
Protein (g)	26.7g	5.1g
Fat, total (g)	32.9g	6.3g
- saturated (g)	4.3g	0.8g
Carbohydrate (g)	64.5g	12.3g
- sugars (g)	27.1g	5.2g
Sodium (mg)	2114mg	404mg

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**.
- Trim and roughly chop **pea pods**.
- 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!



Prep the slaw & tortillas

- While the beef mixture is simmering, in a medium bowl, combine **Japanese style dressing** and a drizzle of **olive oil**. Add **slaw mix**, **apple**, **pea pods** 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: If you've upgraded to prawns, heat pan as above. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. In the last minute of cook time, add onion and honey-soy mixture and simmer until heated through. Remove from heat.



Serve up

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

Custom Recipe: Fill with Japanese-style prawns.

Rate your recipe

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