



Quick Sichuan Garlic Beef Tacos

with Pickled Onion & Peanuts

GAME NIGHT

KID FRIENDLY

Grab your Meal Kit with this symbol



Red Onion



Corn Kernels



Carrot



Baby Cos Lettuce



Sichuan Garlic Paste



Beef Mince



Mini Flour Tortillas



Mayonnaise



Crushed Peanuts



Beef Mince

Prep in: 20-30 mins
Ready in: 25-35 mins

Settle into watching the big game with a delicious taco number that requires no cutlery. In this fresh and fun Sichuan-inspired dish, we've dialed down the chilli but kept the rich garlic and umami flavours for a juicy beef filling that will be a hit with everyone.

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), Soy Sauce

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
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
corn kernels	1 small tin	2 small tins
carrot	1	2
baby cos lettuce	½ head	1 head
soy sauce*	1 ½ tbs	3 tbs
Sichuan garlic paste	1 packet	2 packets
water*	1 tbs	2 tbs
beef mince	1 small packet	2 small packets OR 1 large packet
mini flour tortillas	6	12
mayonnaise	1 packet (40g)	2 packets (80g)
crushed peanuts	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3540kJ (846Cal)	663kJ (158Cal)
Protein (g)	41.6g	7.8g
Fat, total (g)	45.4g	8.5g
- saturated (g)	10.3g	1.9g
Carbohydrate (g)	62.6g	11.7g
- sugars (g)	21.3g	4g
Sodium (mg)	1802mg	337mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4487kJ (1072Cal)	681kJ (163Cal)
Protein (g)	69.2g	10.5g
Fat, total (g)	58.2g	8.8g
- saturated (g)	15.9g	2.4g
Carbohydrate (g)	62.6g	9.5g
- sugars (g)	21.3g	3.2g
Sodium (mg)	1876mg	285mg

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



Get prepped

- Thinly slice **red onion** (see ingredients).
- In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**. Scrunch **onion** in your hands, then add to **pickling liquid**. Add just enough water to cover the onion and stir to coat. Set aside.
- Drain **corn kernels**.
- Grate **carrot**.
- Shred **baby cos lettuce** (see ingredients).

3



Heat the tortillas

- Microwave **mini flour tortillas** for **10 second** bursts, until warmed through.

2



Cook the beef

- In a small bowl, combine the **soy sauce**, **Sichuan garlic paste** and the **water**. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **beef mince**, breaking up with a spoon, until browned, **4-5 minutes**. Remove pan from heat, then pour in the **Sichuan soy mixture**. Stir until combined and heated through.

Custom Recipe: If you've doubled your beef mince, cook beef in batches for best results, draining oil before adding the Sichuan soy mixture.

4



Serve up

- Drain pickled onion.
- Build your tacos by spreading some **mayonnaise** over each tortilla. Top with some cos lettuce, grated carrot, Sichuan beef and pickled onion.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

TIP: If you don't like pickled onions, feel free to leave it out!

Rate your recipe

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