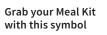


Pan-Fried Beef & Cheddar Tacos

with Herby Mayo & Deluxe Salad

EXPLORER

KID FRIENDLY













Beef Strips





Blend



Mini Flour



Dill & Parsley

Mayonnaise

Tortillas



Cheddar Cheese



Beef Strips



Prep in: 5-15 mins Ready in: 15-25 mins

Whipping together some tasty tacos has never been easier when you've got our deluxe salad mix at the ready. Load these handheld delights high with herby mayo, Aussie-spiced beef strips and cheese!

Pantry items

Olive Oil, White Wine Vinegar

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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
tomato	1	2		
deluxe salad mix	1 medium bag	1 large bag		
white wine vinegar*	drizzle	drizzle		
beef strips	1 small packet	2 small packets OR 1 large packet		
Aussie spice blend	1 medium sachet	1 large sachet		
mini flour tortillas	6	12		
dill & parsley mayonnaise	1 medium packet	1 large packet		
Cheddar cheese	1 large packet	2 large packets		
beef strips**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3318kJ (793Cal)	818kJ (195Cal)
Protein (g)	48.8g	12g
Fat, total (g)	44.5g	11g
- saturated (g)	14.3g	3.5g
Carbohydrate (g)	46.6g	11.5g
- sugars (g)	8.2g	2g
Sodium (mg)	1190mg	293mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4079kJ (974Cal)	768kJ (183Cal)
Protein (g)	78.8g	14.8g
Fat, total (g)	51.2g	9.6g
- saturated (g)	17.2g	3.2g
Carbohydrate (g)	46.7g	8.8g
- sugars (g)	8.3g	1.6g
Sodium (mg)	1249mg	235mg

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.



Scan here if you have any questions or concerns





Prep the tomato

• Roughly chop tomato.



Toss the salad

 In a large bowl, combine deluxe salad mix, tomato and a drizzle of white wine vinegar and olive oil. Season.



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook beef strips and Aussie spice blend, tossing, in batches until browned and cooked through, 1-2 minutes. Transfer to a plate.

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

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



Serve up

- Microwave mini flour tortillas on a plate in 10 second bursts until warmed through.
- Build tacos by spreading tortillas with dill & parsley mayonnaise. Top with salad and beef. Sprinkle over Cheddar cheese to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate