



# 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



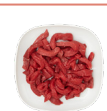
Mixed Salad Leaves



Crispy Shallots



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 glazed beef and the spiced pickled veggies and also has some serious crunch from the crispy shallots.

**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
<b>olive oil*</b>	refer to method	refer to method
cucumber	1	2
carrot	1	2
<b>vinegar*</b> (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 packet	1 medium packet
crispy shallots	1 medium packet	1 large packet
coriander	1 packet	1 packet
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)	2860kJ (683Cal)	698kJ (166Cal)
Protein (g)	38.9g	9.5g
Fat, total (g)	34.6g	8.4g
- saturated (g)	7.9g	1.9g
Carbohydrate (g)	60.9g	14.9g
- sugars (g)	19.6g	4.8g
Sodium (mg)	1814mg	443mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3621kJ (865Cal)	677kJ (161Cal)
Protein (g)	69g	12.9g
Fat, total (g)	41.3g	7.7g
- saturated (g)	10.7g	2g
Carbohydrate (g)	61.1g	11.4g
- sugars (g)	19.7g	3.7g
Sodium (mg)	1873mg	350mg

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](https://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 beef 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 pickled cucumber and carrot.
- Spread **garlic aioli** over tortillas. Fill with **mixed salad leaves**, pickled cucumber and carrot and Thai glazed beef. Top with **crispy shallots**. Tear over **coriander**.
- Serve with any remaining pickled veggies. Enjoy!

## Rate your recipe

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